

# MENTORS SESSION GUIDE

## DAY 4

### INTENTION

- To have Mentee practice Active Listening
- Mentor does an Extended Check-In

### CHECK-IN

*Mentor:*

As usual, we will start with a check-in using PEMS.

As we move through this program, some days will be tight for time and I may suggest we do brief check-ins of one or two sentences.

For today, please check-in as usual.

*[mentee and mentor check in]*

### ACTIVE LISTENING

Today, you will practice Active Listening as I do an extended check-in as you did on Day 2.

This will give you the opportunity to get to know me better and also hear how I use I-statements and the 5 feelings.

You will practice using the 3 elements of Active Listening that we covered yesterday. These are:

Being Silent

Echo what I've said, and

Ask me what I mean when I use a word that could have different interpretations.

Any questions?

## **EXTENDED CHECK-IN**

OK, let's begin.

Please lead me through an extended check-in using the Session Guide for today.

You can simply read the words that come after the word, Mentee.

## **PHYSICAL**

***Mentee:***

Let's start with Physical.

I invite you to share anything you'd like about your physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues or whatever comes up for you around how you relate to your physical body.

*[mentor checks in, mentee uses active listening]*

## **EMOTIONAL**

Now, please tell me about your Emotional life.

*[mentor checks in, mentee uses active listening]*

## **MENTAL**

Now, please tell me about your Mental life.

*[mentor checks in, mentee uses active listening]*

## **SPIRITUAL**

Now, please tell me about your Spiritual life.

This could include: your spiritual or religious history, your current beliefs or practices; any inner spiritual resources you may be connected to, or any special abilities you have that could be considered as spiritual or psychic in some way.

*[mentor checks in, mentee uses active listening]*

## **CLOSURE**

### ***Mentee:***

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

How did it feel to have me listen to you in this way?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

### ***Mentor:***

Now that you have some familiarity with how this program works, in our next session, we will be making some additional agreements similar to what we did with confidentiality on Day 1.

We will also review some options on how you and I can conduct this program.

In preparation for this, please read through the Daily Reading for Day 5.

Be prepared to cover anything you don't agree to or anything on the instructions you would like to change versus what we are already doing.

### ***Mentee:***

Please go to the OPP website: <https://omegapointprogram.com> and click on "ASSESSMENT" at the top of the Home Page.

Consider doing the Archetype Assessment in the next few days.