



**PHASE ONE:
BUILDING TRUST**

- Learning to communicate
- Bridging differences
- Planning initial meetings

**PHASE TWO:
EXPLORING POSSIBILITIES**

- Setting goals
- Choosing activities
- Celebrating accomplishment

The Mentoring Life Cycle

Most relationships pass through these four phases. On the following pages you'll get the tips you need to be a great mentor for every leg of the journey.

**PHASE FOUR:
THE CONTINUING CYCLE**

- Reaping the rewards
- Expanding the movement
- Beginning again

**PHASE THREE:
NAVIGATING ROUGH SPOTS**

- Knowing your limits
- Remaining committed
- Seeking outside support