

## **Mentoring- Summer Solstice Trainer Forum Report 2018**

**Note taker:** Siri Neel Kaur

**Facilitator:** Gurucharan Singh

**List of the participants in the group:** Sangeet Kaur (Espanola), Gurucharan Singh (Claremont), Sat Kriya Kaur, Dangeeta KAur (China), Saramdeep Kaur ( China), Harpremjeet Singh, Siri Neel Kaur

### **What has been important to you as a mentee?**

Goal: Explore topic mentor-mentee

What is most needed in mentor-mentee relationship? Visualization mentor-mentee in any area of life

**What additional do you need as mentor to: i. Clarification of policy? ii. Increase ease of paperwork? iii. Further clarifying role of mentor? iv. Providing training specific to mentoring relationship? v. other?**

### **Please summarize the highlights and key points your group discussed**

Participant 1: Not parented - would get lost in department stores; asked to go to Bangalore - Yogi Bhajan called as father figure. Dropped attachment to her plan. What about that relationship - he knew me and that part of me was naive, heard me and protected me.

Participant 2: Amrit S mentor before Academy - focused in meetings, understood me (working at Yoga West) supportive, used IDP to show what competencies, pushed me. Saturn teacher, helped me realize what have in self, cut through in self and with others. What needs: understand paperwork, all in me, believe in me, achievable goals.

Participant 3: Not confident to be on teachers bench, when ready go to stage and teach with what comfortable with and mentor will cover rest - gained confidence, mentor always gives her feedback. Gives her space to go on, can rely on the mentor - integrate all she learned and work on self. Interactive relationship. Support, clear directions, encouragement.

Participant 4: Beginning to teach in Level One - mentor gave topic to deliver; prepare unfamiliar topic - she should teach her as she had no idea - teach what you know/she told her well done. Taught her teach what know and bring from personal life- important to study more and teach. Mentor like a child with mom - stand up by self, rely on Mentor.

Participant 5: How teacher teaches me: go to intensive workshops and Level Two authentic Relationships - had enough strong kriya, wanted to go home during deep relaxation. Yogi Bhajan "smiling and teasing" me - "You are a slave" move into reality - his teachings are beyond the comforts.