

Qualities of a Mentoring Lead Trainer

"God that cannot be experienced and experience that cannot be explained is of little value." - Yogi Bhajan

1. **Passion and Commitment to develop future trainers** (greater than desire to conduct training on own; Willingness to "give up the stage"; to delegate responsibilities and give others a chance to train);
2. **Experience as a Lead Trainer** (Has considerable experience with a wide range of situations and students typically gained over time; LEADS should know program first , then take on mentoring)
3. **Skilled in HOW to develop others** (Ability to utilize and/or create development plans and provide opportunities to develop skills; Sets development goals; helps mentee plan how to achieve them)
4. **Time and energy** to devote to mentoring; **Engaged in process** through levels; "Hands on"; Observes TNT training in person; Are present and involved in helping the TNT to move through the levels)
5. **Knowledgeable – both up-to-date and ancient knowledge** (e.g. understands Academy, trainer roles and expectations of KRI; expert in Kundalini Yoga)
6. **Continuous Learning** – willing and able to continue to learn; open to learning from mentoring relationship; "To be a good teacher, need to be a good student"; servant leaders
7. **Ability to guide their mentee to his/her highest potential through use of effective mentoring skills**, that might include:
 - Coaching and counseling ability; Ability to reflect back to mentee
 - Excellent Communication skills (e.g. ability to give and receive feedback; active listening skills; open to dialogue)
 - Facilitation and Networking skills
 - Organization, Time management and Accountability skills
 - Patience
 - Provide ongoing support and encouragement
 - Willingness to have difficult conversations, To "poke provoke, confront and elevate"; And perhaps as a result not be "liked"
 - Allow technology to "chisel" the trainee
8. **Ability to build and maintain relationship trust; Coordinate team mentoring; Be collaborative**
9. **Maintains spiritual practice and high standards of Ethics and Integrity**
10. **Values and supports the growth of community**
11. **Aquarian Consciousness; Aware of the "formless"**

HOW TO USE THESE QUALITIES

- 1) As a **Mentoring Lead Trainer**, to GUIDE DEVELOPMENT
- 2) As a **Lead** to help DECIDE if he/she wants to become a Mentoring Lead Trainer
- 3) As a Teacher in Training who asks the question "What do I look for in a mentoring Lead Trainer?"
- 4) As a member of the Aquarian Trainer Academy – for DECISIONS about who should be a Mentoring Lead Trainer.