What does it take to be a mentor?

You’ve read the Cabot Chronicle articles, and seen the flyers and brochures around town. Maybe you saw the banner in the 4th of July parade. Perhaps you even checked out the website, [www.cabotmentoring.org](http://www.cabotmentoring.org) , or used the “Free Local Events” lists posted monthly on Front Porch Forum and Facebook. But you’re still thinking, “*well, I don’t know…I don’t think I’m mentor material… what do I have to offer, anyway? “*

I’m here to tell you that you have a LOT to offer, because all adults have a wealth of life experiences…heck, you didn’t get to this age without a lot of hard work and challenges! Things you take for granted could be really helpful to a young person just getting started. What was school like for you? What was your first job, and why did you finally quit? Was your first date a disaster? Do you have challenging relationships in your family? What mistakes did you make as a teen? How did you decide on a career? What did you like to do as a child, and what do you do with your free time now? What are you proud of in your life? What matters to you?

While a lot of mentoring time is spent on fun activities, like knitting, biking, cooking, woodworking, going to concerts, & so on, a really important part of mentoring is the sharing of life experiences…listening to your mentee, hearing what they have to say, and sharing stories about yourself and your personal journey through life.

If you would like more information on becoming a mentor, please contact me at [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com) . I’d be happy to talk with you about the program, and what is it like to be a mentor. YOU have a lot to offer. I guarantee it.