

## FINDING A MENTOR -to empower your growth-

How serious are you about growing?

When I was 17 years old, I started getting serious about growth in all areas of my life; physically, spiritually, relationally, intellectually, and emotionally.

I knew that I couldn't do this on my own and was hungry for someone to invest in me.

### **I needed a mentor.**

I met with a few people but then specifically asked a pastor named Doug if I could meet with him on a regular basis.

We met almost every Tuesday during my college years and even the year after I graduated.

From there, every place I moved and every new job I started, the first thing I would do is to pray and look for a mentor.

I've been blessed to have several amazing leaders invest in my growth and each mentor offered something different.

## WHAT IS A MENTOR

In his book, **"Connecting: The Mentoring Relationships You Need to Succeed in Life"**, Bobby Clinton defines it this way:

***"Mentoring is a relational experience in which one person empowers another by a transfer of resources."***

This definition provides space for several different kinds of mentoring.

If you're interested in finding a mentor, consider the area that you desire to develop, then you will be able to determine the kind of mentor to best meet your needs.

Clinton identifies several roles a mentor could take. I have listed six of them to help you think through the type of mentor you might need.

## MENTORING

"Mentoring is a relational experience in which one person empowers another by a transfer of resources."

Dr. J. Robert Clinton



# Six Types of Mentors

## #1. Discipler

This is someone who can teach you the basic foundations of Christian living. This would include Bible study skills, prayer, identifying and using your spiritual gifts in a community of believers, sharing your faith, and learning to walk by the Spirit.

## #2. Spiritual Director

This mentor provides an evaluation of spiritual depth and maturity. They will help you break through spiritual growth plateaus, offer new pathways of learning and experiencing God, and offer accountability.

## #3. Teacher

This mentor has the knowledge that you need. Think about a subject or an area related to your life or work that you want to develop. I've often said, "I don't know what I don't know" when it comes to certain topics, and a mentor-teaching is the person needed to transfer the right information.

## #4. Coach

The mentor-teacher passes on knowledge, but the mentor-coach is the person who can help you grow a skill with that knowledge. A good coach will provide exercises, observation, feedback, and accountability to help you accomplish your goals.

## #5. Counselor

This form of mentoring is very specialized to address areas regarding your emotional and mental health, as well as unique situations regarding relationships and specific issues related to this counselor's expertise.

## #6. Sponsor

This mentor is someone who can help you advance in your career. They create opportunities for you. They vouch for you within an organization. They protect you from things that could destroy your career. They connect you to resources. The term "sponsor" is used a lot in recovery circles and carries some of the same idea; that this person is there to guide and support you in your growth.