

MONTHLY



UPDATE

A Note from Our Team

This month we wanted to take this opportunity to express our immense gratitude for everyone involved in the Intentional Mentoring program! Without our mentees, mentors, coaches, and a supportive community, we wouldn't be able to learn from one another as we have been able to over the years. Students are at the heart and soul of what we do, and we all know that it takes a village to make things happen. Therefore, we wanted to say a big THANK YOU to everyone who has volunteered their time to build relationships with our students, particularly during this year because, as we all know, our lives have been disrupted more than ever. With everything going on in our country and in the world, students truly benefit from that mentoring relationship, having someone whom they can walk with, someone who will be there for them and encourage them through this challenging, uncertain year. Not only that, but we all benefit and grow as we learn from one another.

An Attitude of Gratitude

In the spirit of appreciation, we wanted to say THANK YOU to everyone who is involved with Intentional Mentoring and to share some shoutouts to and from people who are a part of our program.

We are thankful for our mentees who have stepped outside of their comfort zones and become a part of Intentional Mentoring! We are grateful and have learned so much from you!

"[My mentee] gives me so many gifts. Her real, authentic presence and hilarious sense of humor, positive and caring energy and incredible intelligence and wit are constantly making me smile and impressed."

--Megan, Mentor

"I'm thankful for the person I mentor because he directly and indirectly challenges me to be a better version of myself. To be positive and see not just what might be wrong but also what might be possible." --Wayne, Mentor

"My mentee faced significant challenges in the past year, yet her positivity always shines through. She was very much looking forward to running cross country during her freshman year of high school; she trains year-round. That dream didn't happen, yet she remains sunny and upbeat... My mentee is an inspiration to me, to take setbacks in stride and view disappointments through a positive lens. She's an extraordinary young woman." -- Meg, Mentor

"Thank you, mentees, for always challenging my perspective." --Katie, Intentional Mentoring Founder

We are thankful for our mentors who have volunteered their time to be supportive role models for our students! The work you do matters and truly makes a difference in students' lives!

"I'm so happy that this lady is keeping my baby happy and smiling through this COVID period." --Parent of Mentee

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Shout-out

Huge shout-out to ALL OF THE STUDENTS who are almost through first quarter with virtual schooling!



Food for Thought

On average, students WHO HAVE MENTORS are less likely to report symptoms of depression than their peers.

[Click for more info!](#)



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STUDENT GOALS

Mentors work with mentees to reach academic and personal goals. Help us to maintain our 15 pairings and add 5 new ones in the next few months!

RELATIONSHIP- BUILDING

Sponsor activities and materials as we find creative ways to help mentors and mentees connect throughout these chilly months during the pandemic.

ADMINISTRATIVE NEEDS

Our administration provides the platform and resources needed to empower our mentors and students as they continue learning from one another.

Thank you!