

MONTHLY



UPDATE

A Note from Our Team

How have you been connecting with others over the past several months? Here at Intentional Mentoring, we still believe that social distancing does not mean social isolation. This summer, our mentors and mentees have continued to connect and build their relationships at a safe distance. This has required some creativity and planning, but a challenge like this can also shine a light on new possibilities. Read on to hear more about the experiences of one pair this summer and what they're looking forward to this fall.

Highlights from a Mentoring Relationship

The mentoring relationship is a unique one. Having a passion for making a difference in someone else's life, mentors meet and get to know a mentee, but what happens next is so much more as they both help and challenge each other in different ways. This month we want to celebrate one of our mentor/mentee relationships with mentor Megan Zuba and her mentee Amoni, a high school student.

"I've been with Amoni since January 2019 and am so blessed because of it! It's wild we've known each other over a year and a half. It's flown by. It's been awesome sharing experiences over this period of time together... I look forward to continuing!" said Megan of her relationship with Amoni, who added, "I like being able to have someone to talk to who I can relate to, and they under-



stand how I think and my emotions better than my parents." Mentoring relationships can give students another ear to listen to them and another person who genuinely cares about their life.

Starting a mentoring relationship is a step outside of their comfort zone for many students, and Amoni offers this

encouragement to students who are debating if they should get involved: "You should do it. I thought it was corny and useless, but if you're struggling with mental health like I am, being able to talk to someone, whether it be over the phone, texting, or in person, definitely helps." Although students might be resistant at first, both mentees and mentors soon realize how awesome of a

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Shout-out

To our FAMILIES & STUDENTS as they navigate their new schedules this fall.



Food for Thought

Mentoring relationships are more likely to MAKE IT THROUGH difficult times when programs provide ONGOING SUPPORT AND TRAINING

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relationship and experience mentoring can be. Megan explained, "Mentoring has been one of the most beneficial and treasured things I've been a part of. Yes, I am extremely lucky to have such an amazing mentee. I believe that the relationship Amoni and I have developed together through time, patience, listening, sharing, and openness to new, fun, and sometimes challenging experiences is something extremely important, lasting, and overall a wonderful gift."

Typically, Megan and Amoni "enjoy being downtown by the lake and going to Starbucks to grab coffee," Amoni said. Megan added that they have also gone on many walks outside together, to parks, to workout and play basketball at the YMCA, to peruse the mall, to get food/ice cream, make art, and more. In our current situation with COVID-19, they have figured out ways to stay connected and adapt. "For a while, we were chatting through FaceTime and now, when we are together, we wear masks. We prioritize walking and spending time outside even more now. We still have a really great, fun, and special time together regardless of what we do," continued Megan.

Throughout their relationship, Megan and Amoni have formed a strong bond. Amoni

stated, "She's helped me spiritually and mentally." She hopes to share things with Megan, too, like different family values, activities, and other restaurants. Megan highlighted, "With Amoni, I hope to share my belief and conviction that anything is possible in this life. I want to continue encouraging Amoni that she can do all things because she is so capable, wonderful, and gifted... In turn, Amoni 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...Amoni inspires me to be a better mentor."

As we jump into the fall, Amoni is looking forward to "hanging out more now that school is digital, and my sports season is cancelled." Megan added, "I hope we can continue to go on fall walks together outside and enjoy the changing season together...and I would love to go canoeing on the lake sometime soon! I also want to focus on any and all of Amoni's goals related to her well-being, peace, and happiness."

Here's to all our amazing mentees and mentors for stepping outside their comfort zones to be a part of the special relationship that mentoring offers!

Upcoming Events

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Interested in getting involved with Intentional Mentoring but not sure you have the skill set or the available time for coaching/mentorship? We still value your contributions! Consider monthly community outreach or helping to organize one of our events. Have questions about what help Intentional Mentoring could use or other ideas for ways you think you could help? Email us at katiemae@intentionalmentoringmadison.org.

Contact Us

Our Mission Statement

With guidance from coaches, mentors interact with school staff, community members, and families in order to strengthen the support network for students facing adversity.

