



BREAKTHROUGHS FOR YOUTH

MENTOR WORKSHOP

A Practical and Experiential Workshop

For:

- **Local Caring Adults** who want to contribute to youth in their community
- **College students** interested in field work or internships
- **Professionals** who want to increase their effectiveness in working with youth
- **Professionals** who want to volunteer and work in a different capacity with youth
- **Non professionals**, who want to learn how to work with at risk youth

Mentoring Training Workshop prepares adult volunteers for supporting youth in facing their life, realizing their dreams and achieving their goals.

Adults learn:

- What effective support is (vs enabling)
- Causes of youth's behaviors and actions
- Role modeling
- Listening skills
- Connecting, establishing rapport, and relationship
- Coaching youth
- Giving and receiving feedback



- Purpose of emotions
- Who at risk youth really are – understanding their needs
- Discover your own inner child, and play
- Working with youth who have authority issues and issues with rules
- Emptying the cup - dealing with overloads
- Conflict resolution
- Mature adult behaviors and approaches
- Grief in the healing process
- Cultural competency
- Self Care: respecting your own needs, in order to contribute
- Power vs. manipulation or force
- Games youth and adults play
- Straight talk
- Value of openness, vulnerability, availability, and sharing
- Identify strengths, and assets
- Fortify weaknesses and liabilities
- Teamwork
- Creating a safe nurturing learning environment for youth

Parents who want to understand their own children better, and improve their parenting skills

BFYAR Inc. sponsors comprehensive programs for at risk youth to change their lives, include an adolescent development intensive course, and 6 to 12 months of adult mentoring during the after care. Adult mentors support youth in working on their developmental issues that impair their ability to fulfill their potential and be successful in education, in relationships at home, in regard the justice system, in social relations with their peers, regarding substance abuse, and life in general.



BREAKTHROUGHS FOR YOUTH

P.O. Box 1176

Kane`ohe, Hawai`i 96744

Phone: (808) 247-4375

Fax: (808) 247-4631

Email: Breakthroughs@hawaiiantel.net

Web: breakthroughshawaii.org

**What if YOU could make a difference in a child's life?
...What if I told you there is A SOLUTION? ...**

BE A PART OF THE SOLUTION

The Breakthroughs For Youth At-Risk Program offers an opportunity to learn new skills that will allow you to make a difference with our "at-risk" youth. In March 2004, thirty-six "at risk teenagers chose to participate in a program that altered the direction of their lives. See what one teacher said about the program.

“Working with teens and adults in the Breakthroughs For Youth At-Risk organization has been a life altering and inspiring experience. I am a teacher at Castle High School and work in the Special Motivation Program. Breakthroughs afforded me an entirely different way of being with and making a difference with the youth. I have been a mentor and a coach over the years. I have seen and felt amazing things happen during the courses for myself and the youth. As an individual, I have become more clear about who I am, what I want in life, and what motivates me, which has positively affected various aspects of my life.

As a teacher, I have become a better communicator, more consistent, and more open to other possibilities. As a mentor and/or coach, I have witnessed sullen, angry and hopeless teenagers blossom, stand tall and beam from ear to ear. I have seen them reconnect with themselves and their families. Being a participant in Breakthroughs For Youth At-Risk requires a 100% commitment. It can be intensely emotional and challenging, but it is OH SO REWARDING. With every course I participate in, I learn more about me, about the kids and humanity. I leave feeling rejuvenated, empowered and hopeful.” (Dee Walsh, Teacher, Castle High School)

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