

# MENTORING MINDSET MANTRAS

## INTENTIONAL

**“I see you!”**

I will respect your voice, interests and identity, be fully present in our interactions and share my story with you. I commit to being self-reflective.



## SUPPORTIVE

**“I got you!”**

I will be curious about you and your journey, be consistent in showing up, and collaborate with you to create a safe and healthy space for us.

## DEVELOPMENTAL

**“I’m here to help!”**

I will practice strength-based approaches that both challenge and support you and your growth; contributing to goals that are meaningful to you.



## COMMUNAL

**“We’re in this together!”**

We will teach and learn from each other, leveraging networks and resources for the mutually beneficial growth of ourselves and our relationship, and our communities.

