

## SHARING THE KAUPAPA – Exploring Strengths-Based Approaches in Youth Mentoring

An exciting new  
workshop focusing on  
strengths-based skills



### WORKSHOP OBJECTIVES

- ▶ To increase depth in understanding the strength-based philosophy
- ▶ To identify the relevance of a strengths focus in youth mentoring
- ▶ To shift youth mentoring practice and the language we use with and about young people to become increasingly strengths-based and mana-affirming
- ▶ To explore a reflective process to guide change (the Column Tool)
- ▶ To practice 12 strengths-based skills
- ▶ To build even stronger youth mentoring networks
- ▶ To have fun.

Look out for our  
other workshops

To find out locations and dates for all our workshops, visit [youthmentoring.org.nz](http://youthmentoring.org.nz)

### WORKSHOP STRUCTURE

- 1 **Strengthen networks:** whakawhanaungatanga with a strengths focus
- 2 **Key ideas:** introducing the Strengths Approach
- 3 **Key ideas:** strengths-based youth mentoring
- 4 **Key ideas:** exploring power-over and power-with
- 5 **Practical stuff:** the Column Tool
- 6 **Practical stuff:** 12 Strengths Skills
- 7 **Practical stuff:** small group work
- 8 Applying this to ourselves.

