



THE DIFFERENCE A MENTOR MAKES



Name has been changed to protect the identity of the individual. People depicted are not related to the story.

When James started his Raise Mentoring program he would often outwardly express his feelings of anger and emotional pain. He would hurl verbal displays of pent up anger toward some of the other mentees and regularly voice his frustrations about the world and the people in it generally. He was extremely resistant to group activities and used to hug his knees and rock, curling himself tightly into a ball while he sat with his mentor. James would frequently describe himself as a 'failure'.

One foot in front of the other...

James and his mentor initially struggled to make conversation but the mentor persevered until one day he was rewarded. James brought in his phone and showed his mentor a video of him performing on stage. The mentor was full of praise for James and his amazing talent. James was literally standing taller.

Slowly the mentor helped James to divert some of this anger into his passions, especially his artistic capabilities, and focus more on his achievements and his abilities rather than his failures.

James was also encouraged to join group activities and by the end of the program he was not only participating but making meaningful contributions. As James experienced emotional safety, understanding and respect from his mentor he grew in confidence. He learned to speak clearly and articulate himself in front of the group. His empathic nature began to shine through when he stopped the conversation one day to offer a tissue to a girl who he noticed sitting crying in the school yard.

Energy, confidence and hope

James began to see that he was worth more than his bullies had forced him to believe. He now has 'passion' he told his mentor. His aspirations of getting a job would enable him to move out of his difficult home environment. Achieving this goal was something he could control and he subsequently wrote a resume with the aid of his mentor. James was proud and confident at graduation. He thanked his mentor with energy and hope. Positive feelings he had retrieved through mentoring.

About Raise

Raise Foundation is a registered Australian charity which provides mentoring programs for young people in high schools and in the community. Our mentoring programs provide a community of support around young people. Mentoring from a positive role model during the critical teenage years provides a nurturing pathway for young people to feel supported.

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