

## Power Choice #2 – Mentoring

Do **you** have **mentors** in your life that are helping you to be successful?

Do **you** have a process that will help you to benefit the most from your **mentors**?

Are **you** effective in **mentoring** when the opportunities become available to you?

**If you answered yes, no or maybe, then please continue reading!**

However, just suppose that you have support that helps **you** to expand your abilities in mentoring.

- **Imagine, how much more effective you would be?**
- **Imagine, how much more you could accomplish?**
- **Imagine, how much more you would enjoy your life?**

Helping you to develop **those** mentoring capacities to catapult **YOU** to the next level is a key function of our businesses. Whether you are seeking improved health, financial independence, social responsiveness, enhanced ethical practices, expanded mental capabilities, amazing career performance, nurturing family relationships or all of the above, please view us as **The Mentors And Coaches** that can work with you to achieve your dreams and goals!

**“There needs to be champions at each level, mentors on the front line to place a high value on partnering with schools and having interns in the workplace.”**

John Donaldson

Laura R. Novakowski,  
**Positive Power Strategies, Inc.**  
**Inspiring People to Discover  
Their Health & Wealth**  
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<http://www.positivepowerinc.com/>

### A Book to Choose

**Tuesdays with  
Morrie: An Old Man,  
A Young Man, and  
Life's Greatest  
Lesson**

Mitch Albom

An inspirational book  
about mentoring!



We invite you to our websites  
(see below) to subscribe  
to **Power Choices®**  
and we wish you a fulfilled and  
tremendously successful year!

Leanne Hoagland-Smith,  
**ADVANCED SYSTEMS**  
**Connecting Passion & Purpose  
to Double Performance**  
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<http://www.processspecialist.com/>

# The Power of Mentoring

by Laura Novakowski

**"Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."**

From Proverbs

I've always had some very special qualities – I like to help, I'm curious and I have **lots and lots of energy**. Now they don't necessarily go hand-in-hand, but these were the attributes that I was dealt and have had to learn to deal with them. Fortunately, I learned at a very tender age about mentoring and its role in helping me to develop.

In elementary school, there was a unique young girl. I'll call her Dina. She had polio when she was seven, missed a lot of school and when she finally returned she walked with 2 canes. I'm not sure if we would have been friends ordinarily, but she sat next to me in class. Now, picture two little girls – one patient and sitting quietly - the other literally bursting from her seat with little provocation to no provocation.

Now, I appreciate that our teacher was pretty exceptional. She encouraged our friendship and helped us to learn to rely on each, but this story isn't about the teacher. This story is about two little girls and a wonderful one-on-one mentoring relationship that evolved.

Dina would need extra time getting to-and-from the school, recess and the cafeteria. Fortunately the teacher "assigned" me the task of helping her. Laden with a heavy book bag slung around her neck (backpacks weren't in vogue yet), she would painstakingly walk the few short blocks to school. I got in the practice of showing up and relieving her of her burden. She never once asked, but her glowing smile showed how much she appreciated the help.

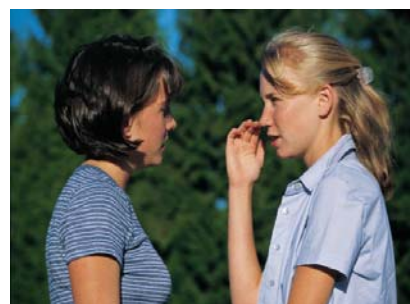
It became our routine at recess to go out and find a seat on one of the benches where we could watch the others play. Dina was gentle, wonderfully kind and a marvelous listener. I also forgot to tell you another of my qualities is that I love to talk. Recess would pass quickly and I would barely realize that I had been sitting for the entire time. Yet, I would return to class refreshed and somehow even more settled.

Dina on the other hand started to participate more in class. She shared ideas and even would walk to the front of the class for a report. Previously the teacher would have expected her to stay seated. The entire class became more respectful and supportive. She blossomed and then we grew up.

This past year, decades later I was able to attend a dinner honoring that very special woman and childhood friend. Dina now is wheelchair-bound, but she took command of the room with her quiet demeanor and beaming smile as she thanked us all for helping her live a very full life.

As I hugged her at the end of the evening, I expressed to her how much appreciated our friendship. And we both reflected on how two little girls taught each **the power of mentoring!**

Laura Novakowski,  
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# Mentoring – The Gift

By Leanne Hoagland-Smith

**“Mentoring is a brain to pick, an ear to listen and a push in the right direction.”**

John Crosby

Can you name the 1960 World Series Baseball Champions? Or how about the Academy Awards Best Picture for 1972? Having some trouble? Then name the teacher or teachers who helped you in school? Can you quickly remember the friend or family member who was ways there for you? What questions were easier to answer? If you were like me, the questions about people who cared about you were far easier. In most cases, these individuals were some of your first mentors

Mentors help others overcome difficult challenges. Their sage words and thoughtful insights support the “mentees” continued drive forward against adversity and toward success.

Within our culture, mentors have always been present even though often times they appear to be hidden. These individuals have assumed many roles from coach, to boss, to grandmother, to philosopher, to scientist, to rabbi, to brother and friend. The list is endless as is the dedication of these mentors.

Napoleon Hill recognized the value of mentors in his book *Think and Grow Rich*. Through the use of Master Mind Groups, individuals could unlock the knowledge, wisdom and insight of others. These Master Mind Groups were simply speaking a collection of mentors; helping each other reach further and higher than they ever thought possible by themselves. What skills does it take to be a mentor? The list is very long, but should include these 5 essential skills: *Empathy, Being Aware, Listening for What is Said and What is Not Said, Asking “Good” Questions* (much like Socrates) and *Critical Thinking Skills that Separate Symptoms from Problems*.

Have you ever experienced that little voice inside of you that says to *quit, give-up, or it’s not worth it?* And, then did you talk to someone who worked you through why you **shouldn’t** quit, give-up and understand that **yes, it is worth it?** What would have happened if you didn’t have the chance to share your thoughts with someone else? **Would you have missed an incredible opportunity?**

Possibly, one of your many mentors helped you through those experiences. And looking back, hopefully, you are now grateful for that person.

Now it is your turn to pass the gift on by becoming a mentor. Establish a Master Mind Group. Volunteer at a local school. Through these conscious actions, **you**, too, will develop **your**



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*Connecting Passion and Purpose to  
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Choose to assess your **Mentoring** capabilities and on a scale of 1 to 10, with 10 being exceptional, score the following:

I effectively identify **why** I need a mentor. \_\_\_\_

I select carefully **who** will mentor me. \_\_\_\_

I clearly understand **what** I need from a mentor. \_\_\_\_

I understand my responsibilities as I **work with** a mentor. \_\_\_\_

I know **when** to ask a mentor for help. \_\_\_\_

I am **respectful** and appreciate of my mentors' time and resources. \_\_\_\_

I consistently **evaluate** how effective I am in working with my mentors. \_\_\_\_

I have **clearly established goals** for developing my own mentoring skills. \_\_\_\_

I am willing **to take action** to continually improve in my mentoring relationships. \_\_\_\_

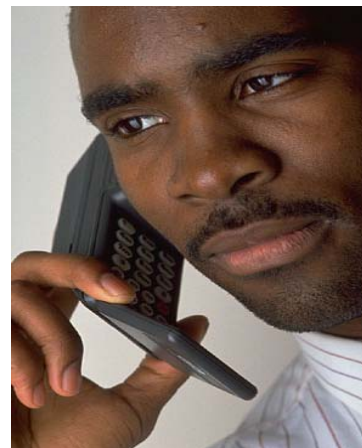
I am willing to select a mentor who **challenges** me. \_\_\_\_

Completing your **assessment of mentoring** will help you to clarify what is important and set the stage for an exciting year in 2006. The next step is to write a **Power Choice**© goal in an area that you would like to raise your "score."

*If **you** want to assess **yourself** using a **proven** and **affordable** tool that will provide you with key areas of improvement and a simple action plan that will **double your performance** in the next 6 months call:*

**"I do hope I have a mentor, but you still have to go through many things by yourself. The only person who can help you is yourself."**

Fann Wong



**"Mentor:  
Someone whose  
hindsight can  
become your  
foresight."**

Anon

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