

MENTORING PROCESS AND BREAKOUT ROOMS WORKSHOP

FRIDAY 10TH FEB 2023 PRESENTED BY LINDA USA

Celebrating 100 Years



THE BIRTH OF H.H. SHRI MATAJI NIRMALA DEVI

International LET'S MEDITATE FOR 21 DAYS

25TH FEBRUARY TO 17TH MARCH 2023

freemeditation.com.au/feb2023



Presented by Sahaja Yoga Meditation
English • French • Mandarin • Hindi • Italian •
German • Arabic



Mentoring Process and Breakout Rooms Workshop Agenda

- Meditation
- Introductions
- Mentoring and Breakout Room Overview
- Mentoring Process, Roles, and Resources
- Breakout Room Process – to be covered in more detail in a future workshop

Mentoring Process

- Create **Core Mentor Team** (3 – 5 people)
- **Recruit** more Sahaja Yogis to be mentors
- Create/translate **Mentor Request Form** for seekers
 - Share after Week 1 - on Day 8 and onward
- Meet to **match seekers with mentors**
- **Follow up**, support and adjust mentor matches as needed

Mentoring Roles

- Core Mentor Team/Grandparents
- Facilitators (Parents)
- Mentors
- Seekers

Mentoring Roles – Grandparents

- Well established Sahaja Yogis (3 – 5) who
 - have personal mentoring experience
 - know many yogis in different geographical areas
 - are not afraid of spreadsheets... (1 -2 who are competent)
 - can commit and devote time to this project
- **Recruit and support** facilitators and mentors
- **Match** seekers to mentors and **adjust** as needed
- **Communicate** with all mentors and the collective about mentoring needs and info – in Mentor WhatsApp group, collective emails, etc.

Mentoring Roles – Facilitators

- Well established Sahaja Yogis who
 - have personal mentoring experience
 - can commit and devote time to this project
- **Support** a small group of 3 – 5 mentors
 - share experiences, help each other with mentoring
 - not “supervising”
- Can/should also mentor seekers if they want
- Provide a way to know how mentor and seekers are progressing over time

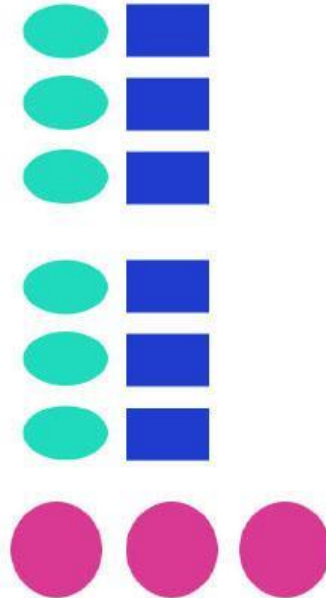
Seekers request
a mentor



Seekers request
a mentor



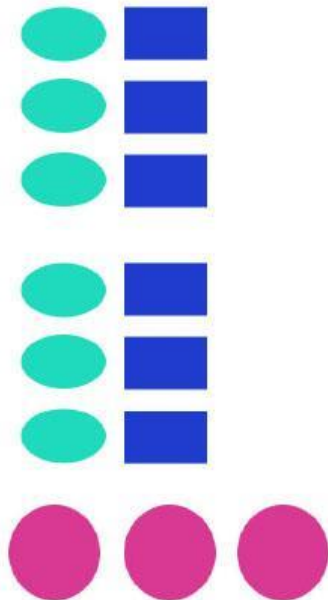
Matched to
a mentor
by Grandmothers



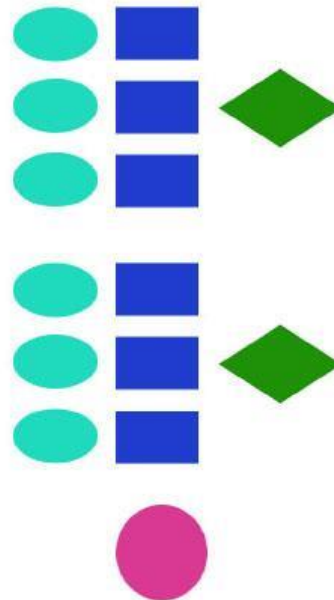
Seekers request
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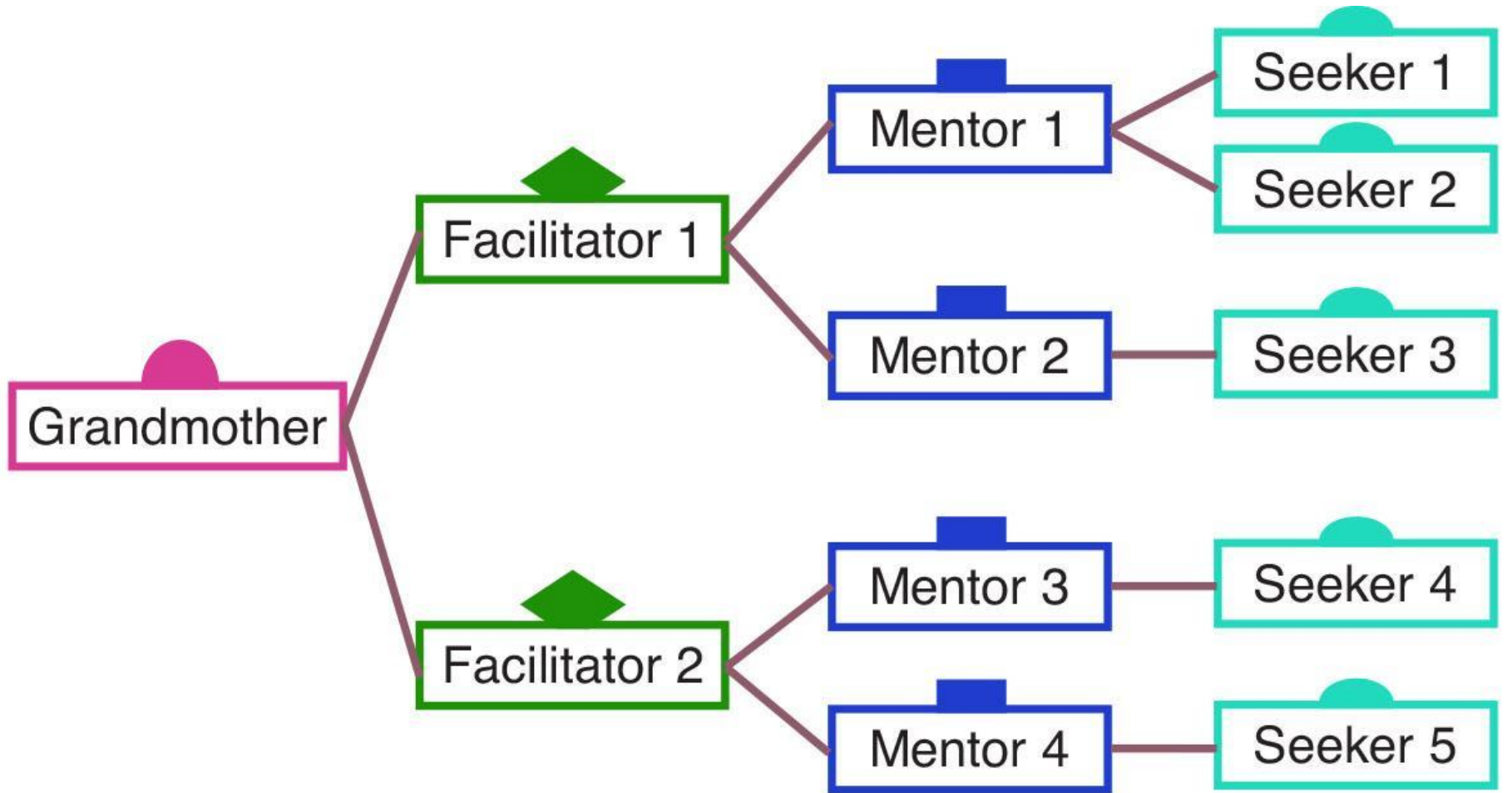


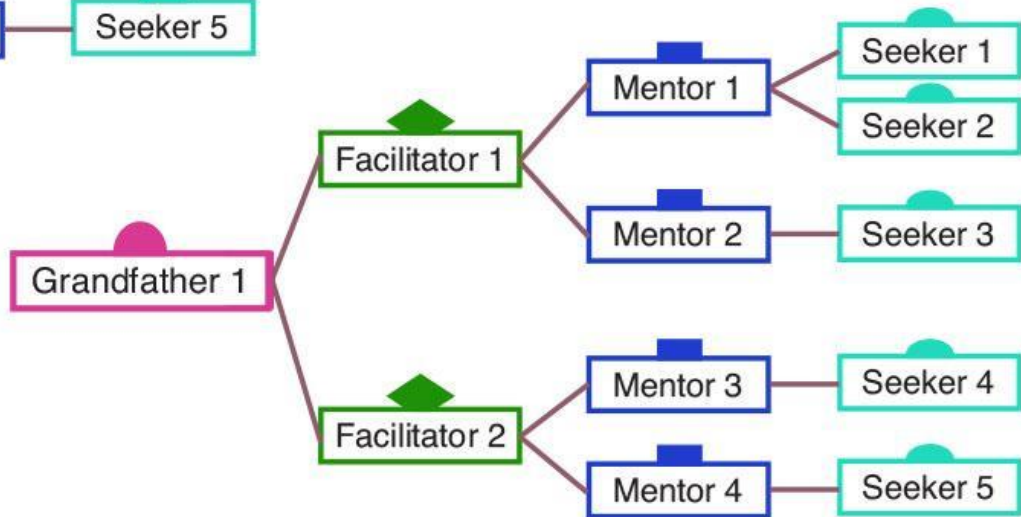
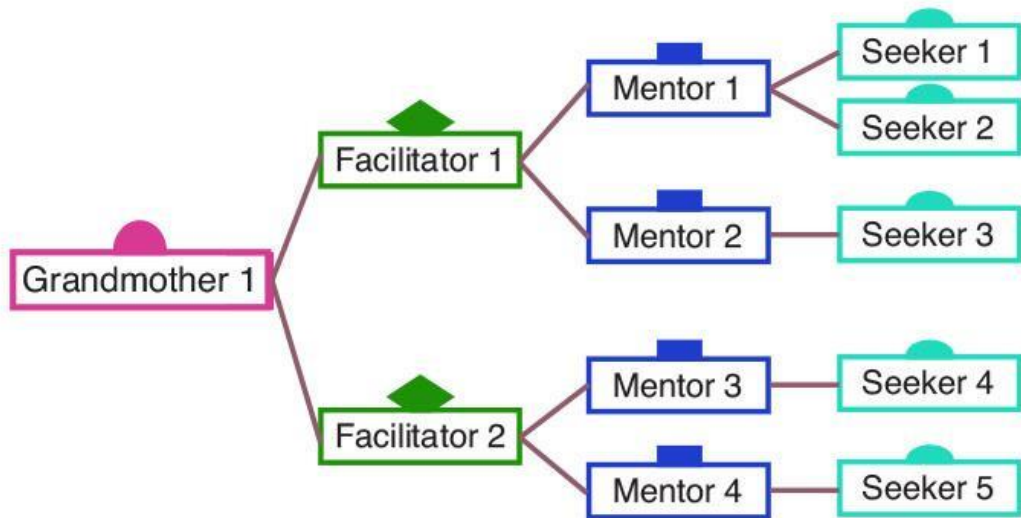
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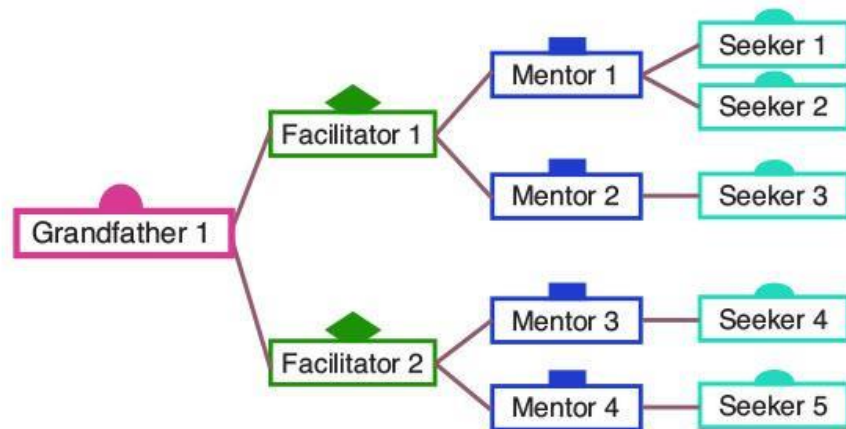
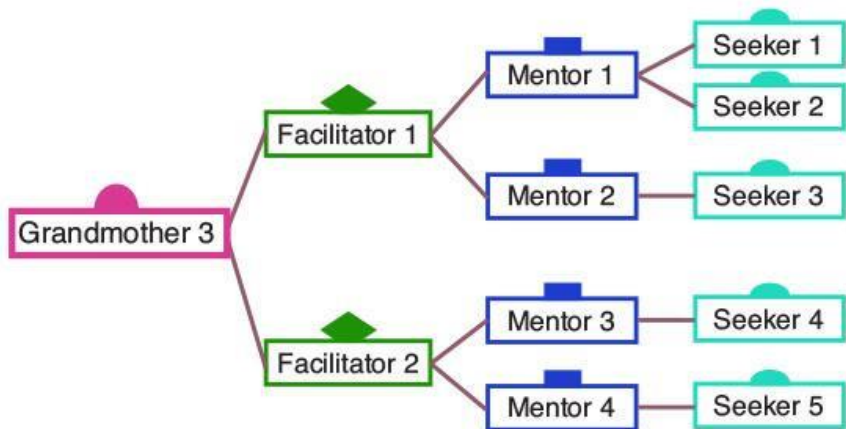
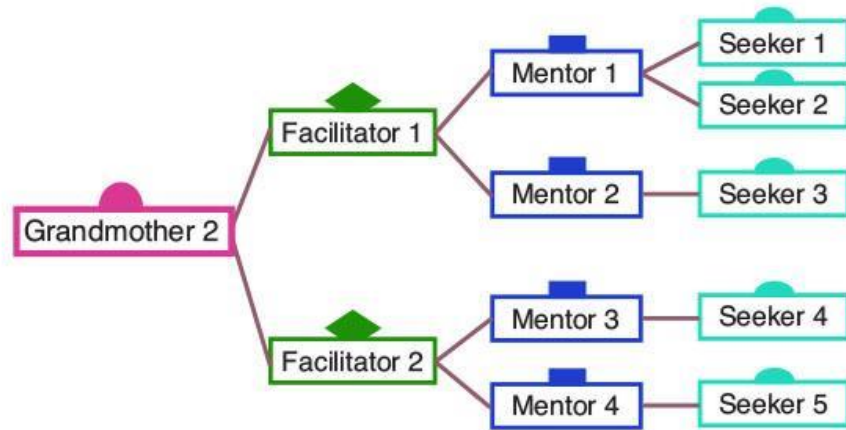
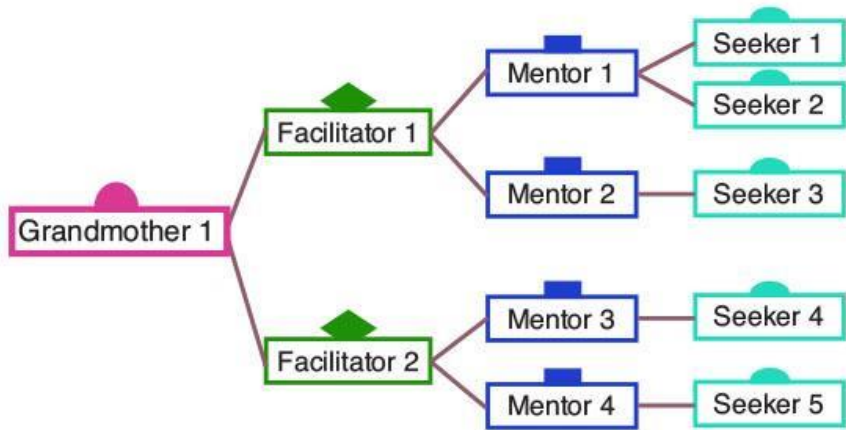


Facilitators
support mentors.
Each Grandmother
supports Facilitators.









Mentoring Tools

- **Mentor Request Form** for seekers to sign up
 - Create an email for your 21 Day course
 - Translate/create Google Form
 - “Edit” access for Mentor Team
 - “View” access for seekers
- Copy and paste responses into **Seekers Master Spreadsheet**

Mentoring Tools

- **Seekers Master Spreadsheet**

- Focus is on seekers who request a mentor
- Info comes from Mentor Request Form
- Contains seeker contact info, location and comments
- Don't include confidential information about seekers
- Enter matches with mentors

Mentoring Tools

- **Mentors Master Spreadsheet**

- Focus on mentors who sign up or are recruited to mentor
- Info comes from general SY sign up or recruiting
- Contains mentors contact info, location, and comments
- Use to see city, time zone, etc. to match with seekers
- Use to assign Facilitators and Grandparents to mentors

Mentoring Process – with Spreadsheets

- Create Core Mentor Team
- **Recruit** more Sahaja Yogis to be mentors
 - Add mentor info to **Mentors Master** spreadsheet
- Create/translate **Mentor Request Form** for seekers
 - Share after Week 1 - on Day 8 and onward
 - Copy seeker info to **Seekers Master** spreadsheet
- Meet to **match seekers with mentors**
 - Inform seekers of their mentors ASAP
- **Follow up**, support and adjust mentor matches as needed

Mentoring Process - Resources and Links

- **Updated Guide - Advice for Mentors** (Google doc)

<https://docs.google.com/document/d/1OcRq4eO4GzsNaj-icsGsmrtdZcEZbZjS/edit?usp=sharing&oid=106613290725864747453&rtpof=true&sd=true>

- **Mentor Request Form for Seekers** (Google Form)

[Request a Mentor! 21 Day Sahaja Yoga Meditation Course \(2023\) \(google.com\)](#)

- **Demo Spreadsheets** (Google Form)

[Demo - 2023 Mentors & Seekers Master Spreadsheets .xlsx - Google Sheets](#)

Important Links

- **International course website**
<https://www.freemeditation.com.au/feb2023/>
- Contacts for each language course are listed here:
<https://sahajayoga.world/21-day-international-online-programs/>
- List of yogis requesting to join a language course project team
<https://docs.google.com/spreadsheets/d/1ZIZILauzOqlu7DurEPwX8c2GQkMb6orX8WeyZwdsf10/edit#gid=0>