

# **YOUTH MENTORING TOPICS**

*Although these **workshop** topics are in his current youth mentoring package, Dr. J can also create additional trainings based on your individual needs.*

## **1. Building Future Leaders**

a. **Description:** Developing leadership skills in young students.

b. **Learning Objectives:**

- i. Identify key leadership qualities.
- ii. Explore strategies for fostering leadership.
- iii. Implement leadership activities for students

## **2. Mentoring with Purpose**

a. **Description:** Effective mentoring techniques for students.

b. **Learning Objectives:**

- i. Understand the role of a mentor.
- ii. Learn best practices in mentoring.
- iii. Develop a mentoring plan for students.

## **3. Empowering Young Minds**

a. **Description:** Strategies for empowering students to reach their potential.

b. **Learning Objectives:**

- i. Recognize the strengths and potential of students.
- ii. Explore empowerment techniques.
- iii. Implement practical tools for empowerment.

## **4. Building Resilience in Students**

a. **Description:** Helping students develop resilience to overcome challenges.

b. **Learning Objectives:**

- i. Define resilience and its importance.
- ii. Learn resilience-building strategies.
- iii. Apply resilience techniques in mentoring.

## **5. Positive Role Models**

- a. **Description:** The impact of positive role models on students.
- b. **Learning Objectives:**
  - i. Understand the importance of role models.
  - ii. Identify qualities of positive role models.
  - iii. Develop strategies to be an effective role model.

## 6. Navigating Peer Pressure

- a. **Description:** Helping students handle peer pressure effectively.
- b. **Learning Objectives:**
  - i. Recognize the impact of peer pressure.
  - ii. Learn strategies to resist negative peer influence.
  - iii. Develop skills to make positive choices.

## 7. Emotional Intelligence for Students

- a. **Description:** Enhancing emotional intelligence in young students.
- b. **Learning Objectives:**
  - i. Understand the components of emotional intelligence.
  - ii. Develop emotional regulation skills.
  - iii. Apply emotional intelligence in daily interactions.

## 8. Building Healthy Relationships

- a. **Description:** Teaching students how to build and maintain healthy relationships.
- b. **Learning Objectives:**
  - i. Understand the components of healthy relationships.
  - ii. Develop communication and conflict resolution skills.
  - iii. Strengthen relationships through positive interactions.

## 9. Overcoming Obstacles

- a. **Description:** Strategies for helping students overcome challenges.
- b. **Learning Objectives:**
  - i. Identify common obstacles faced by students.
  - ii. Learn techniques for overcoming challenges.
  - iii. Develop a plan for achieving personal goals.

## 10. Boosting Self-Esteem

- a. **Description:** Techniques for building self-esteem in students.

**b. Learning Objectives:**

- i. Understand the importance of self-esteem.
- ii. Learn strategies to boost self-confidence.
- iii. Implement activities to enhance self-esteem.

**11. Goal Setting for Success**

**a. Description:** Helping boys set and achieve their goals.

**b. Learning Objectives:**

- i. Understand the importance of goal setting.
- ii. Learn techniques for setting achievable goals.
- iii. Develop a plan to track and achieve goals.

**12. Healthy Lifestyle Choices**

**a. Description:** Encouraging boys to make healthy lifestyle choices.

**b. Learning Objectives:**

- i. Recognize the importance of a healthy lifestyle.
- ii. Learn strategies for promoting physical and mental health.
- iii. Implement healthy habits in daily life.

**13. Conflict Resolution Skills**

**a. Description:** Teaching students how to resolve conflicts peacefully.

**b. Learning Objectives:**

- i. Understand the principles of conflict resolution.
- ii. Develop effective conflict resolution skills.
- iii. Apply conflict resolution techniques in real-life situations.

**14. Developing a Growth Mindset**

**a. Description:** Encouraging students to adopt a growth mindset.

**b. Learning Objectives:**

- i. Understand the concept of a growth mindset.
- ii. Learn strategies to foster a growth mindset.
- iii. Implement growth mindset practices in daily life.

**15. Coping with Stress**

**a. Description:** Helping students manage and reduce stress.

**b. Learning Objectives:**

- i. Identify sources of stress in students' lives.

- ii. Learn stress management techniques.
- iii. Develop personalized stress reduction plans.

16. **Digital Citizenship**

- a. **Description:** Teaching students responsible and safe online behavior.
- b. **Learning Objectives:**
  - i. Understand the principles of digital citizenship.
  - ii. Learn strategies for safe and responsible online behavior.
  - iii. Promote positive digital interactions.

17. **Building Trust and Respect**

- a. **Description:** Fostering trust and respect in mentoring relationships.
- b. **Learning Objectives:**
  - i. Understand the importance of trust and respect.
  - ii. Develop strategies to build trust and respect.
  - iii. Apply trust-building techniques in mentoring.

18. **Encouraging Creativity**

- a. **Description:** Nurturing creativity and innovation in boys.
- b. **Learning Objectives:**
  - i. Recognize the value of creativity.
  - ii. Learn techniques to foster creativity.
  - iii. Implement creative activities and projects.

19. **Financial Literacy for Boys**

- a. **Description:** Teaching students the basics of financial literacy.
- b. **Learning Objectives:**
  - i. Understand the importance of financial literacy.
  - ii. Learn basic financial concepts and skills.
  - iii. Develop a plan for managing money responsibly.

20. **Community Engagement**

- a. **Description:** Encouraging students to get involved in their communities.
- b. **Learning Objectives:**
  - i. Understand the benefits of community engagement.

- ii. Learn ways to get involved in community activities.
- iii. Develop a plan for active community participation.