

## MENTOR/MENTEE PAIRS

A mentor and mentee read the book separately and come together to discuss key ideas. The option of writing reflections to any of the questions prior to meeting is encouraged but should not be required. The purpose of these meetings will be to use the lesson stories to share experiences beginning teachers may be facing, discuss healthy strategies for mindful living, and promote reading of inspirational books.

### SAMPLE MEETING AGENDAS FOR MENTOR/MENTEE PAIRS

**Meeting 1: (30min – 1hour)** Reading the Preface, Introduction, and Section I.

*Reflect:* At the beginning of the meeting each person writes what stands out as the key ideas for this book.

*Discuss and share* other important ideas from Preface, Introduction and Section I that are most meaningful.

**Meeting 2: (30min – 1hour)** Read Lesson 1.

Bring written responses to Lesson 1's What's Your Story?

*Share* each person's journey into teaching.

*Discuss:* What did we learn about each other that we didn't know before?

Review Mindful Living Actions and Be Inspired by the Words of Others.

**Meeting 3: (30min – 1hour)** Select one other lesson to read and discuss.

*Share and Discuss:* Which lesson did you choose and why?

*Review* the Mindful Living Actions for each lesson and share your assessment from the lesson chapter.

*Homework:* Commit to practicing some healthy self-care.

**Meeting 4: (30min – 1hour)** Read Section III and star three ideas to discuss.

*Write:* Review the ideas you each starred, and write why they are so important to you at this time. Mentee shares first.

*Share* your intention for your teaching career and the three questions in Section III (what gives you joy).

*Next Step:* Share what this book has revealed as a next step.

**Meeting 5: (30min – 1hour)** Review the experience and share another lesson.

*Discuss* books and authors from the top-20 list.

*Share* inspiration from *Inspiring Leaders* podcasts

*Reflect and summarize:* How was this book useful to your growth?  
As a mentee? As a mentor?

*Shared reading:* Select a book to read together and discuss in  
the future.