

**You Can
Mentor.**



**THE SIX
CONVERSATIONS
WITH DR. HEATHER
HOLLEMAN //
HOW TO HAVE A
CONVO WITH YOUR
MENTEE**

**BY ZACH GARZA
BASED ON A CONVERSATION
WITH DR. HEATHER HOLLEMAN**

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We want to help you initiate conversation and keep quality conversations going.

- We want to talk about our faith, but how do we discuss that?
- Kids are lonely and need connection. It's an epidemic.
- Harvard Research: Meaningful connections equals a happy life!

4 Mindsets of a Warm & Loving Conversation:

- Be curious: Asking questions shows that you care.
- Believe the Best: We are a culture of suspicion, judgment, and cancellation.
- Express Concern: Show that you care and are in it with them.
- Share your life: A huge part of mentoring is allowing a mentee to see you biblically cope with hard things.

Three Fresh Goals of a Loving Conversation:

- Ending in encouragement
- Growing personally with their own goals
- Marveling and getting people to a place of awe

Six Conversations

- Social: Who have you been hanging out with? People question!
- Emotional: What have you been struggling with lately? Heart question!
- Physical: What physical activity have you been doing? Body, Person or Place question!
- Cognitive: What's been on your mind? Mind question!
- Valicinal: Have you made any big decisions lately? Decision Question!
- Spiritual: Have you thought about God recently? Soul Question!

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Bonus Material:

If you are getting one-word answers, don't quit asking questions. Pick a new category! Find something they like and care about and ask them about it. Listen for themes and values. When I walk away from a conversation with a student, I want them to know:

- They matter
- They are enough
- They are loved

Giving someone your full attention is a fantastic gift.

Anytime you can hear what a mentee is saying and you can repeat it back to them in a simplistic way, you can provide clarity to your mentee and help them better understand themselves.

You can be intentional, but be careful not to make your mentee feel like he is a project.

Remember that the goal is to build relationships and love the other person, not try to "fix" the other person.

Bringing up Jesus shouldn't be a shift in the conversation. It should just flow out of normal conversation.

Teaching your mentee how to ask good questions is a vital lesson to impart. Here's something good to say; "I really enjoyed asking you these questions and cannot wait to see what question you are going to ask me."

Kids love it when you treat them with respect and talk to them like adults. Outdo them in honor.

Good conversations often happen in the middle of doing activities together. Talking while you bake, fix a car, go grocery shopping, etc...

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Bonus Material:

How do you handle the fear of having conversations? People like it when you ask them questions. They do not think you are awkward.

Kids can tell if you are authentic. They can smell fake from a mile away. It's Biblical!

- Philipians 2
- Romans 12
- Galatians 6

Mentors have to be self-aware enough to know how they are doing. A good conversation starter is to answer "How are you doing?" with:

- Here's something that is causing me stress...
- Here's an upcoming decision I have...
- Here's what is keeping me up at night...

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