

Your Mentor



**Creating a BETTER WORLD
Through BETTER PEOPLE**

ABOUT YOUR MENTOR



VISION

YOUR MENTOR'S vision is that every young person has the supportive relationships they need to grow and develop into thriving, productive and engaged adults.



MISSION

YOUR MENTOR'S mission is to fuel the quality and quantity of mentoring relationships for Canadian young people and to close the mentoring gap for the one in three young people growing up without this critical support.

WHY MENTOR?

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity. Yet one in three young people will grow up without this critical asset.

BECOME A MENTOR

Are you a parent, guardian, teacher, or caring adult to a young person who you feel could benefit from a mentor? Or are you a young person who wants to connect with a mentor? Mentors are supportive individuals who build relationships with young people by offering them guidance, support, and encouragement to help cultivate positive and healthy development – many of the same things you do. Mentors are not meant to replace parents, guardians, or teachers, or to play the role of disciplinarians or decision makers. Rather, they become part of a team of caring adults to that young person. Mentors can help encourage positive choices, promote high self-esteem, support academic achievement and introduce new ideas. Here are some things a mentor might help a young person with:

Setting academic and/or career goals and taking steps to achieve them, Making healthy choices in everyday life: nutrition, exercise, social activities, and beyond, and Thinking through a problem at home or school

Make a Difference in Someone's Life!

The Founder

KERRY GIRLING

MOTIVATIONAL SPEAKER / PRODUCER



Kerry Girling is an accomplished five-time Amazon Bestselling Author, Motivational Speaker to over one-million, Film Producer and business enthusiast. He has over a decade and a half of experience inspiring humanity. Now, his ultimate dream in connecting mentors has come to fruition – *Your Mentor*

Over one million people have experienced The Motivate Experience; Kerry's unique motivational show. He has spread his powerful and motivating words through five hundred communities across North America. His presentations are accompanied by his fourteen motivational books about moving on from what's been holding you back in life, entitled The First Chapter Series. In the realm of his recent accomplishments he has produced two short films and four educational documentaries on youth related issues and distributed them to high schools everywhere. And last but surely not least, his passion for business has led large companies to exceed well beyond their sales goals. His commitment as a business leader brings huge results to companies he's passionate to work with.

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