

EMPOWERING 21ST CENTURY TEENS SERIES

# Mentoring

HOW A BIG HEART AND A LITTLE TIME CAN  
MAKE A WORLD OF DIFFERENCE



Empowered Flower Girl®

RASHEDAKAMARIA.COM



## BE THE CHANGE

"Mentoring not only makes a difference for children, it also makes a difference in the lives of mentors. If you want to leave a legacy, consider mentoring."

-Rasheda Kamaria Williams

If you're like most working professionals and entrepreneurs, you're probably pressed for time. From conferences and luncheons to networking events and fundraisers, your work and social calendars are maxed out on any given day. Not to mention family responsibilities! Carving out time to mentor a young person seems impossible, right? Not necessarily.

When I first joined the wonderful world of mentoring, I was a full-time college student, part-time media coordinator and life-time social butterfly. I had this preconceived notion that mentoring would take up too much of my time. But I learned there were a variety of effective mentoring programs that only required an hour or less per week. That was over a decade ago and now the possibilities are endless.

Modern technology makes it possible to make a difference without leaving the comfort of your home or office. If you have at least an hour a week and a smartphone, laptop or desktop, you can be a mentor.



## MOBILE MENTORING

For more information on mentoring, visit one of these national clearinghouses:

MENTOR

[www.mentoring.org](http://www.mentoring.org)

National Cares Mentoring  
Movement

[www.caresmentoring.org](http://www.caresmentoring.org)

Several organizations, like iCouldBe and Mentoring Women's Network, offer virtual or e-mentoring programs. Your mentee doesn't have to live in the same city, or country for that matter. With apps like Skype, Facebook Messenger and Apple's Facetime, it's easy to connect.

### CONSIDER THIS:

It only takes a few hours a month of face-to-face engagement and a phone call a week to help increase a child's self-esteem. In addition to the mentee's development, the mentor benefits in many ways. My mentees have helped me aspire higher in my career and in life. And knowing that they're looking up to me, keeps me living in integrity.

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## MENTORING INSIGHTS

Still not sure if you're right for mentoring or if mentoring is right for you?

READ THESE INSIGHTS/TIPS



1. You don't have to be rich or famous or have super powers. Honestly, you don't even have to be employed to be a good mentor. Kids just want to know you care.

2. Most youth seeking mentors are good kids. While some may have challenges in school or socially, many just want someone who believes in them. All children are different. Get to know them.

3. Consider formally mentoring the young people in your life. Your nieces, nephews or cousins may be looking for career, college or life mentors. May as well be you!

4. If you have a big heart and a little time, then you're a great candidate. Really, those are the basic requirements (besides passing a background check and perhaps attending an orientation or training session).



## ABOUT RASHEDA KAMARIA

Rasheda Kamaria Williams is an award-winning mentor, motivational speaker and author of "Be EmPOWERed: How to Live Above & Beyond Life's Drama" - an interactive guidebook written for and inspired by girls.

Since 2001, Rasheda has been a dedicated volunteer and mentor to girls and young women throughout Michigan and beyond. She is a member of the Women Speakers Association, International Bullying Prevention Association and Soroptimist International.

Her passion and advocacy for community and social change have earned her numerous accolades, including Kumon North America's "Impact Award" and SASHE's "Top 10 Companies for Women and Girls." She also was named among Everyday Power's "29 Inspirational Female Entrepreneurs Who Are Positively Impacting The World."

A survivor of bullying, Rasheda was featured in Cosmopolitan magazine in the article "Being bullied changed my life." Her journey from excluded to empowered motivated her to launch Empowered Flower Girl in 2010.

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