



# MBW Mentor Bootcamp



# BRAVING

- **Boundaries** – Respecting limits.
- **Reliability** – Doing what you say you will.
- **Accountability** – Owning mistakes.
- **Vault** – Keeping confidences.
- **Integrity** – Choosing courage over comfort.
- **Non-judgment** – Allowing openness.
- **Generosity** – Assuming the best in others.

# Powerful questions ...

- What things are concerning you at the moment?
- What other things are concerning you ...
- Why do you think that may be the case?
- That's interesting, tell me more ....
- What is working at the moment, what is not working?
- Who do you trust, admire ... what would they do?
- Which way forward is the most exciting, lights you up?
- What will you DO, what action will you take?

# Powerful feedback...

- 1. Situation:** Describe the specific event or context
- 2. Behaviour:** Describe the actual behaviour that you observed, not your interpretation of it.
- 3. Impact:** Explain the impact of the behaviour on the team, project, or individual.

# GROW MODEL

**Goal** - define what you want to achieve

**Reality** - current situation & challenges

**Options** - discuss ways forward – opportunities

**Way forward** - action steps

# The Problem-Solving 5 Cs

- Challenges
- Choices
- Consequences
- Creative Solutions
- Conclusions

# The Personal Growth 5 Cs

- Competence
- Character
- Confidence
- Connection
- Compassion