



BOLD LEADERS

The Elementals Framework (for Mentoring)

- ✓ Builds Social Emotional Competencies
- ✓ Mentee driven
- ✓ Improves social strategies
- ✓ Action/Reflection based
- ✓ Works within short time window
- ✓ Increases participation
- ✓ Uses mentor as coach
- ✓ Simple and intuitive, meet mentees' needs

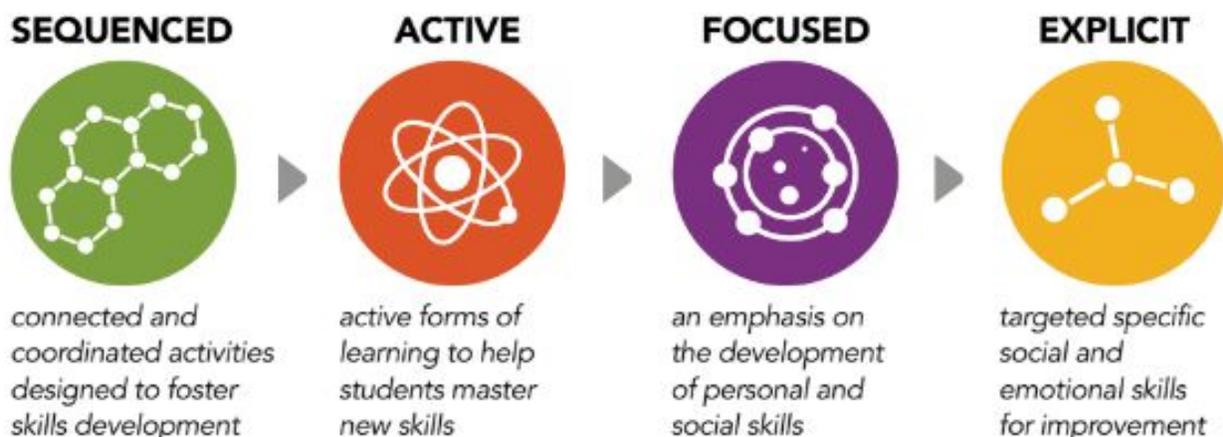
"For the simplicity on this side of complexity, I wouldn't give you a fig. But for the simplicity on the other side of complexity, for that I would give you anything I have."

Oliver Wendell Holmes

The Elementals Framework is simple and profound. Whether it is used in a one-on-one situation with a mentor and mentee or within a small group, each participant can identify essential human resources (the Elementals) to develop and strengthen. Inspired by this discovery, the mentee and mentor/coach creatively identify real actions to practice that builds that particular resource, while simultaneously enhancing others through association and giving the mentee a sense of competency, autonomy, value and belonging.

This is the birthplace of Self-Agency - the mentees ownership and engagement in the process and one of the hallmarks of the Framework.

The Framework follows best-practice SEL models:



"Before we started using the Elementals, I felt like I was doing all the work trying to find activities my mentee would be interested in. Now I feel like I am walking alongside him as he explores ways to push himself. I get to go along for the ride and help out where needed."

Patrick K., mentor

The Elementals Framework includes...

1. The Elementals "Lesson Plan"

This can be used in a group or simply with a mentor/mentee pair. The Lesson Plan includes an activity to sort Elementals and Compounds (the experiences people have when they "do" one or more Elementals) and two different worksheets for each participant to use to identify Elementals they would like to develop. This initial session can take place in one 45 minute period or two 20+ minute sessions.

2. Training Packet for the Mentor

An easily digestible training for a mentor - from experienced youth worker to a novice volunteer. The training provides a stronger foundation for the context and philosophy behind the Elementals, explains the role and "formula" of the Mentor-as-Coach model and includes several tips and best practice suggestions (such as Question-Based Coaching) to give mentors a solid foundation.

3. Coaching Log

A simple practice plan and log for the mentor/coach to use to keep track of the real-life actions the mentee is taking to develop their Elementals

4. Frequently Asked Questions

Answers to commonly asked questions from mentors and youth

5. "Use It or Lose It"

The story behind the development of the Elementals during the last 20 years as BoldLeaders has worked with hundreds of groups around the world in diverse settings.

6. 30 minute phone consultation

To be used whenever needed by the customer, the phone consultation is a chance to problem-solve specific issues relevant to your program. This is especially helpful once it gets going and the mentor experiences unanticipated challenges.

7. On-going Coaching/Consultation

As needed by the mentor or program leader, we offer personal virtual coaching and support @ \$75/hour.

PRICE: \$300

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