

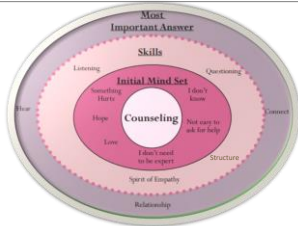
Keys to a good first session

MENTOR TRAINING

Inform: Shifting discipleship counseling to the local church.



Equip: Keys to a good first session



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Your counselee is hurting.

- Appreciate their pain.
- This generates compassion.

Leave your counselee with Hope.

- Having a first session in and of itself is hopeful.
- Look for ways to comment on hope throughout session.

Love.

- "Above all things, put on charity, which is the bond of perfectness." Col 3:14

I don't know them or their story.

- This person is unique.
- I want to build trust.
- My counselee doesn't know me.

Vulnerability is not easy.

- Appreciate their openness.
- Support their courage.

I don't need to have all the answers.

- Discipleship doesn't require expertise in all matters of life.

Equip: Keys to a good first session

Listen:

- Make eye contact and affirm with facial cues.
- Summarize what you are hearing.
- Listen for possible goals the counselee may have.
- Listen for emotions – "I sense some fear-what are you afraid of?"
- Listen for the persons' interpretations and implications of circumstances.

Empathize:

- Put yourself in their shoes.

Questioning:

- Draw out their story.
- "Can you share with me why you desire mentoring?"
- Use open ended questions.

Sample first session structure:

1. Discuss preliminaries.
2. Counselee shares story.
3. Find out past counseling experiences.
4. Identify person's goals.
5. Collaborate about where to begin second session.
6. Offer encouragement.
7. Allow for questions.
8. Close in prayer.

Equip: Keys to a good first session

Build trust equity and increase the probability of a second session.

Motivate: Relationships work

Counselee:

- Be committed.
- Be proactive.
- Be consistent.
- Be real.

Helper:

- Be confidential.
- Expect growth.
- See progression.
- Offer hope.



Intentionality
increases from
companionship to
mentoring.

Questions/Comments
