PEER SUPPORT & MENTORING GUIDE

Directions: Having a peer or more experienced mentor walking beside us in church leadership can be an excellent way to grow and stay healthy in leadership. To that end, we have developed this document for you to consider your needs in this area and if/how 360 Wellness might assist you.

Below are some questions to help you identify your mentoring needs and what you may be looking for in peer or mentor support. After reviewing this document, we encourage you to contact a brother(s) and have an initial conversation about potential options for connecting on the relevant matters.

1. **Are You Seeking a Mentor Support for Logistical and Practical Matters?:** (such as)
    a. Do you need a mentor (a more experienced elder brother) to meet with periodically who understands the various aspects of carrying out elder duties (i.e., serving Holy Communion, taking testimonies, extending proposals etc.)?
    b. Do you need a mentor to meet with periodically to discuss various church-related issues and get their perspective and insight?
2. **Are You Seeking a Mentor or Peer Support for Emotional and/or Relational Matters?:** (such as)
    a. Do you need a mentor (a more experienced elder brother) or peer (an elder of similar age and/or life experience) to meet with periodically to discuss personal and marital/family issues?
    b. Do you need a mentor or peer to meet with periodically to discuss the personal experiences and stresses of the eldership role?
    c. Do you need a mentor or peer to meet with periodically for accountability in addressing specific areas of challenge?
    d. Do you and your wife need a mentor or peer couple with whom to share challenges of emotional health, marriage, and family for the purpose of encouragement and support?
3. **How would you describe your level (or range) of stress?**

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    Low Mid High Unsustainable
4. **What would be the most workable for your situation?**

    In-person meetings / Phone conversations / Virtual meetings / Any of those mentioned
5. **How often are you hoping to be able to connect with a peer or mentor?**

    Weekly / Monthly / Quarterly / As Needed
6. **List active or retired elders that you would be interested in having for a mentor or peer support?**

We are willing to help! If you have questions or need assistance with identifying and establishing a peer or mentor relationship, please contact the Chair of 360 Wellness a*t* 360wellness@apostolicchristian.org

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