



# #YALILEARNS



**YALILearns Session  
Facilitation Guide**

**DEVELOPING, MENTORING AND  
SUPPORTING YOUTH  
LEADERSHIP**

## Your Guide to Facilitating a Session on Youth Mentorship

This guide will help you lead a session on mentoring and coaching youth through the YALI Network Online Course, "[Developing, Mentoring and Supporting Youth Leadership](#)." Participants will learn how to help youth develop personal and professional skills and become stronger leaders in their communities.

**Total Time: 75 Minutes**

---

### Introduce Yourself (5 minutes)

- Thank your participants for coming, and introduce yourself. Be sure to mention that you are a YALI Network member who wants to coach others in becoming effective youth mentors.
- Briefly share why you are interested in this topic and chose to organize a community dialogue on youth mentorship.

---

### Icebreaker (20 minutes)

- Ask your audience to break up into small groups of 3-4. If your audience is smaller, have them break up into pairs.
- In their groups, have the participants share a time where they experienced positive mentorship. Why was this mentorship a positive one? What was helpful about the mentor's approach?
- Once everyone has shared, have a member of the group write down a few of the characteristics that were similar across these experiences.
- At the end of the icebreaker, have each group share these similarities with the room. Use a chalkboard, whiteboard, or simply a piece of paper at the front of the room to write down the similarities.
- If time permits, discuss the findings with your audience. Were there characteristics that a majority shared? Were each group's answers very different? Why or why not did this occur?

---

### Watch Lesson One: "[Building Trust and Mentoring Youth](#)" (5 minutes)

#### Group Discussion (10 minutes)

Invite participants to reflect on the video before answering the following questions:

- What are the key aspects of a mentor-mentee relationship?
- Have you ever been encouraged or influenced to lead with the help of a mentor? How did it affect your future?



---

## Watch Lesson Two: “Encouraging Skills Development” (5 minutes)

### Group Discussion (10 minutes)

Invite participants to reflect on the video before answering the following questions:

- What skills would you say are the most important skills you’ve learned throughout your life? Did anyone teach them to you?
- How did acquiring and maintaining these skills shape your successes?
- Think back on a time when you faced difficulty. What skills were important to address it? What skills do you wish you had developed more? Could you use this experience to help motivate youth leaders?

---

## Watch Lesson Three: “Strategies for Personal Conflict Resolution” (5 minutes)

### Group Discussion (10 minutes)

Invite participants to reflect on the video before answering the following questions:

- Has a conflict that you’ve experienced shaped your ability to deal with future conflicts? Is there anything specific that you learned through your conflict resolution that you think would be helpful for others to know?
- Imagine you are acting as a mentor for an aspiring young leader. Is there anything specific you would do or say to assist with conflict resolution?
- How important do you think conflict resolution is as a skill for a young leader, and why?

---

## Wrapup (5 minutes)

- Thank participants for attending and briefly restate the importance of encouraging youth to become strong future leaders with a solid foundation.
- Encourage participants to sign up for the YALI Network at [yali.state.gov](http://yali.state.gov).

