



VIDEO 2: 3 TIPS FOR ENGAGING WITH TEENS



1. Remember to be your true, authentic self. Always. This means always working on yourself so that you are showing up as the best version of YOU, rather than what you think your students would like. One of the greatest gifts you can give a young woman is to be an example of owning your own worth, just as you are.
2. Understand current issues teens are facing today. In order to stay on top of what's going on for youth you need to be always learning, reading and connecting with others who work in a similar space. This is key to staying current and feeling confident that you can hold a space for young people.
3. Learn how to actively listen, reflecting back to the student and drawing out their true potential with powerful questioning. Sometimes this can come back to simply being OK with having a moment of silence. So often we get afraid of silence and we rush to fill it but if you can hold that silence for an extra couple of moments, you give them space and permission to keep going. This is particularly useful in one-one-one mentoring situations but can also work really well in a small group setting.



EXERCISE

Grab your journal or a notepad and answer the following questions...

When do you feel like your authentic self?

What lessons have you experienced in your own life and strengths have you developed that you feel could be shared with young people?