

Mentors

Do you have a mentor? Do you need a mentor? What is a mentor?

Ideally, a mentor is an advisor, a coach, a confidant, and a friend. A mentor teaches as well as empowers you. As a role model, the mentor usually lives the life you would like to live.

We all have one, or more mentors either knowingly or unknowingly. Some are positive and helpful, and others are destructive. Many are not even aware that they are fulfilling the role of mentor to you.

Yes, we all need mentors.

In life, we all need and seek mentors. Our family is the first place we find mentors. As a child, how often did you copy your parents? How often did you do what your parents did?

As we grow, our universe expands. From the home, we then find mentors in school, then work, and then in the community at large. We never outgrow the need for and value of having a mentor.

We become mentors to others. While we are being taught, we are also teaching the teacher. There is always give and take. The more we are mentored, the more we mentor others. That is just the way it is and works.

A mentor is invaluable to our growth and development. We learn by example and by guidance. The mentor provides this as well as assisting us, confirm when we are on track and also nudging us when we are off track.

We increase our confidence with the use of a mentor. We are able to confirm if we are on the right track and have a sounding board to assist and advise us. No one can work in a vacuum, and the mentor fills the role assisting us in our growth and development.

One can have more than one mentor, and one can change his mentor. It is not uncommon for people to have different mentors for different areas of their lives. Also, as you grow, develop, and change, your needs change also and can result in the change of mentors. This is all good and positive.

A mentor is a role model for us not only in the area of interest, but in life itself. Be sure to choose a mentor that lives a life of value as you want your life to be. Choose the best role model, and be willing to make a change if you find you did not make the best possible choice.

Think about your life up to this point. Who have been your mentors? Where did they add value? What were you able to accomplish that you might not have otherwise been able to do?

When you look at the mentors you have had, you can look ahead to where you want to go, what you want to be, and then find that person in a mentor. People in history can be mentors to you as you study their lives and how they lived. While it is always good to have a mentor that you can speak with and interact with, you can also use deceased people as well as currently famous people. Warren Buffet is a role model to many, not so much for the money he has made, but for his values, management techniques, and lifestyle.

Choose your mentors with care. They will help you to be the person you want to be and the person whom you and others will admire and respect.