Mentoring

A mentor can make a difference in your career and life. It is an important relationship in which a mentor takes a long-range view of a person’s development and growth. A mentor also helps an individual see their goals and encourage them to achieve them. At CDS we offer mentorship because we believe that it is important for an individual to achieve their goals.

Life skills have been defined by WHO as “abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life”. They include important skills such as self-awareness, problem solving and interpersonal skills. Honing ones life skills assist in giving a person the tools they need to take action and generate positive changes in their lives. At CDS, our mission is to assist individuals to take charge of their lives.

improves oneself self esteem, tolerance and socialibity.

They represent the psycho-social skills that determine valued behaviour and include reflective skills such as problem-solving and critical thinking, to personal skills such as self-awareness, and to interpersonal skills. Practicing life skills leads to qualities such as [self-esteem](http://www.selfgrowth.com/esteem.html), sociability and tolerance, to action competencies to take action and generate change, and to capabilities to have the freedom to decide what to do and who to be. Life skills are thus distinctly different from physical or perceptual motor skills, such as practical or health skills, as well as from livelihood skills, such as crafts, money management and entrepreneurial skills . Health and livelihood education however, can be designed to be complementary to life skills education, and vice versa.

with open eyes on the role and to have proper expectations. And remember, the impact of a mentor's Investing your time in seeking out the mentor.

1. Sharing your goals and fears openly.
2. Not expecting the mentor to solve your short-term problems or do the work for you.
3. Not expecting specific advice.

guidance and wisdom now may not be felt for years to come. However, it will be felt.

What a Mentor Does for You:

* A mentor takes a long-range view on your growth and development.
* A mentor helps you see the destination but does not give you the detailed map to get there.
* A mentor offers encouragement and cheerleading, but not "how to" advice.