

STRENGTHS BASED

- *Bringing out the best in mentorees* -

MENTORING



ANNUAL TRAINING 2024

AUSTRALIAN
CHRISTIAN MENTORING NETWORK



WORKSHOP OUTLINE

AWST ACST AEST

8.45 10.15 10.45 Sign-in, check audio/video

9.00 10.30 11.00 **WELCOME**

SESSION 1 - ANDY GOODACRE

Breakout Discussion

10.05 11.35 12.05 **COFFEE/LUNCH BREAK (20 minutes)**

10.25 11.55 12.25 **SESSION 2 - KYLIE BUTLER**

Breakout Discussion

11.20 12.50 1.20 **BREAK (20 minutes)**

11.40 1.10 1.40 **SESSION 3 - SALLY JONES**

Breakout Discussion

12.30 2.00 2.30 **BREAK (20 minutes)**

12.50 2.20 2.50 **SESSION 4 - PANEL**

Q&A

Collaboration & Wrap-up

2.00 3.30 4.00 **CLOSE**

C A P T U R E S H E E T 1



ANDY GOODACRE

Interesting ideas...

I want to ask someone about...

Useful facts...

I want to learn more about...

'Aha' moments...

Things to talk to God about...

NOTES

ANDY GOODACRE

C A P T U R E S H E E T 2**KYLIE BUTLER**

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Strengths-Based Mini Assessment

Instructions:

Please answer the following questions thoughtfully. Your responses will help identify your inherent strengths. Try to provide specific examples and situations to support your answers.

Questions:

1. Peak Experiences:

- **Question:** Describe a recent situation where you felt exceptionally engaged and effective. What were you doing, and why did this experience stand out?

2. Skills Others Value in You:

- **Question:** Think of times when others have come to you for help. What kind of help do they usually seek from you?

3. Rapid Learning:

- **Question:** Recall a skill or task that you learned quickly compared to others. What was it, and what do you think made your learning process faster?

4. Fulfilment:

- **Question:** What tasks or activities do you find most fulfilling? Why do these activities give you satisfaction?



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5. Positive Feedback:

- **Question:** What positive feedback do you frequently receive from peers, friends, or family about your capabilities or behaviour?

6. Challenges Overcome:

- **Question:** Describe a challenge you faced and successfully overcame. What strengths did you use to overcome this challenge?

7. Energy Boosters:

- **Question:** What activities or tasks energise you when you think about or engage in them, even when tired?

Reflection Section:

After answering the above questions, review your answers and consider the following:

- **Patterns:** Are there any recurring themes or skills that emerge from your answers?
- **Unique Combinations:** How do these strengths combine uniquely in you?

Conclusion:

Based on your responses, list the top three strengths you believe are most prevalent and beneficial in your personal and professional life.

NOTES

KYLIE BUTLER

C A P T U R E S H E E T 3**SALLY JONES**

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SALLY JONES

P A N E L Q & A

PANEL: TIM DYER, ANDY GOODACRE, KYLIE BUTLER, SALLY JONES



WHO ARE WE?

The Australian Christian Mentoring Network (ACMN) is a grassroots community of practice for Christian Mentors. We foster this through mutual encouragement, professional development, peer learning environments and resourcing.



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