



Stichting  
VerbindMij

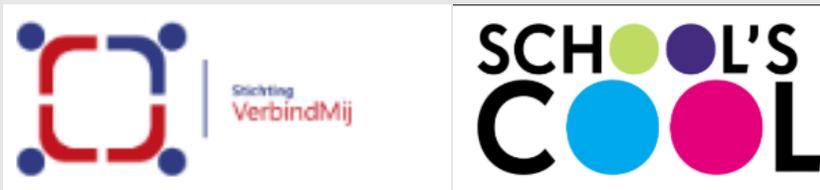


“IN ORDER TO CARRY A POSITIVE ACTION WE MUST  
DEVELOP HERE A POSITIVE VISION.”  
— DALAILAMA

Keeping mentees and mentors inspired and engaged.

# About me

- Programme manager for two mentoring models.
- Work together with my cofounder Guydolph.
- Stichting VerbindMij: NGO for young people not in education or employment (needs)
- School's cool Fryslân: School-based mentoring program for primary school children that transition to secondary school.
- Found my passion for mentoring because I had mentors in my life that believed in me when I needed it the most.

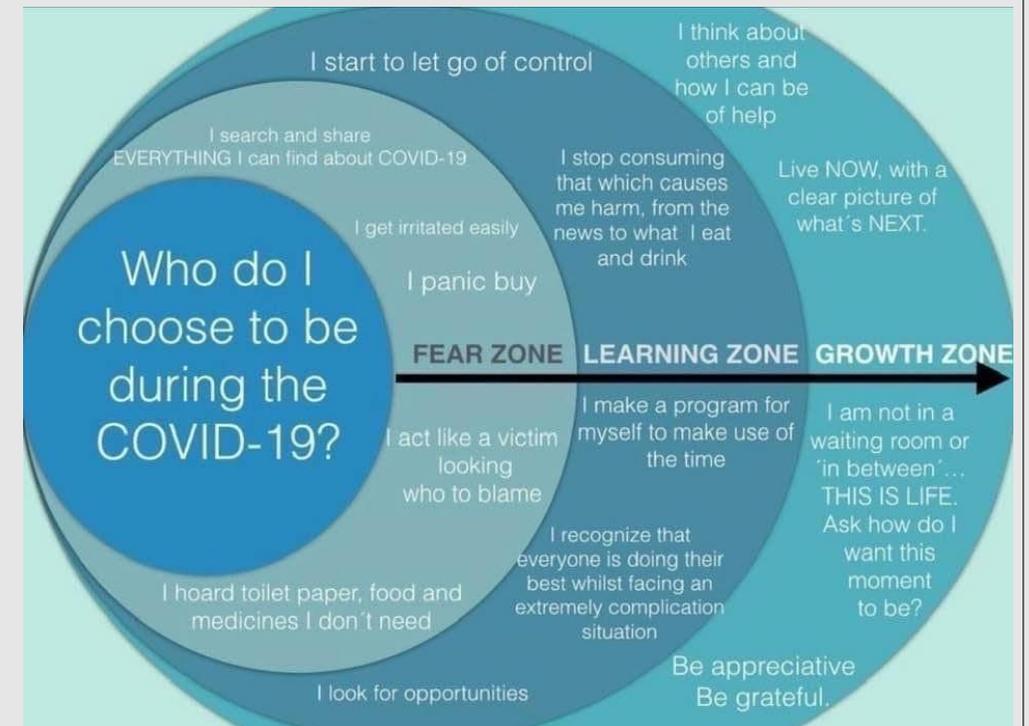


# Vision

- Involve mentees and mentors in every aspect of your program.
- Focus on possibilities instead of problems.
- Look for the question behind the question
- Matching based on acknowledgement and recognition. – working with goals.
- Everyone has talents, sometimes you're just not aware of it.

# How do we stay inspired?

- We developed a vision on how to get through these times.
- Team with inner circle mentors and mentees, get the team spirit up by working on a common goal. (How are we going to get through this?)
- Weekly brainstorms with our mentees.
- Keep myself inspired by reaching out to my role-models.



Source: <https://www.issaptwellness.com/blog/Who-Will-You-Choose-to-Be-During-COVID-19--7132.html>

# Activities

## **1 on 1 mentoring**

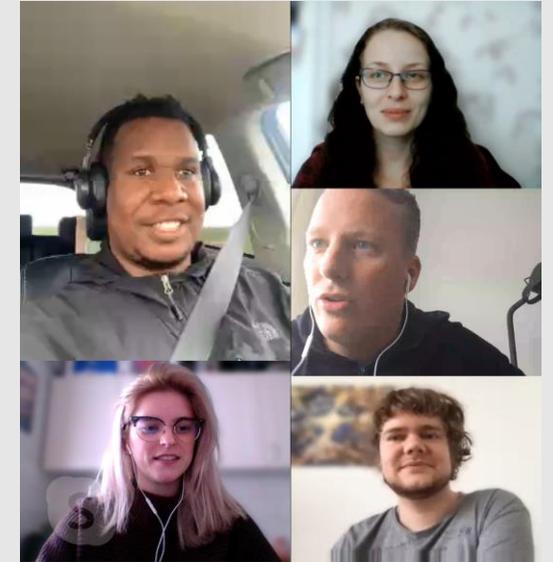
- Mentors and mentees keep in touch through Skype.
- New matches are made through Skype, followed up by a physical meeting when possible.
- Thematic webinars for mentors.

## **1 on 10 group sessions**

- Weekly workshops with inspiring mentors (I.E. Fixed and Growth Mindset)
- Entrepreneurial mentors bring in a business case and brainstorm with youngsters for input.
- Show and find your talent moments.
- Moments where mentors talk about their job or studentmentors talk about their study.

## **Reaching new mentors and mentees**

- Discord server: Online meeting platform that anyone can join.
- Social Media: Ask mentors and mentees to make a video on what inspired them to find their way in life.



# Positive side effects

- We reach NEETS from a -1 situation (their home!)
- Reach new mentors that we wouldn't normally reach. (i.e. the entrepreneurs, the filmmakers for social media)
- Possibility to try online workshops and online communication tools in mentoring relationships.

- Involve your people!
- Focus on people, not fixed programs.
- Work together with strong stakeholders and organisations in your region.
- Stay inspired by talking to your own role models and mentors.
- Look for the positive side effects.
- Feel free to reach out: [gysbert@stichtingverbindmij.nl](mailto:gysbert@stichtingverbindmij.nl)

Coming together  
is a beginning;  
keeping together  
**is progress;**  
working together  
**is SUCCESS.**

Henry Ford

*gysbert@stichtingverbindmij.nl*