



ROSC MEETING
1/23/2023

- Welcome - What is ROSC- De'Shara Shells CPC, RCP
- Audience Introductions – Roger Elam
- Presenting of Guest Speaker – Jamia Pickett

Guest Speaker – Frederick Buford RC, CPRS

Mentorship

Questions and Answers and Suggestions

Please leave your business cards so we can connect

Thank You



JAN 23, 2023 | 10:00 A.M. - 12:00 P.M

Virtual

Zoom Information:

<https://us02web.zoom.us/j/83457129193?pwd=ZXZHSUJwOVlPbTRHMTlhDRDZYUg3Zz09>

Meeting ID: 834 5712 9193

Password: 553998

Phone Number: 312-626-6799

In Person

TEECH FOUNDATION

1750 W 103rd Street

www.teechfoundationl.org

CEU's will be provided



FSSRI Far Southside ROYC Initiative
Planning for a better community



Guest Speaker:

FREDRICK BUFORD RC, CPRS

MENTORSHIP

Date: 12/19/2022

Time: 10am until 12pm

Place: 1750 West 103rd street Chicago IL

ZOOM INFO:

<https://us02web.zoom.us/j/83457129193?pwd=SZZHSTgwOVIPbTRHM1hDRDZYTTg3Zz09>

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Community Topic/ Training: Mentorship

What is Mentorship:

A Mentorship is a relationship between two people where the individual with more experience, knowledge, and connections is able to pass along what they have learned.

- Mentors provide guidance, advice, feedback, and support.
- Role models
- Teachers
- Counselor
- Advisor
- Advocate
- Ally

Some Core Skills a Mentor should display:

- Active listening



- Trust/transparency
- Encouraging/ empowering/motivate
- Inspiring/uplifting
- Able to provide constructive feedback.
- Respect
- Committed to the Mentee success.
- Ability to identify problems and solutions.
- Lead by example.
- Objective/ non bias
- Disciplined/ balanced / focused.
- Good communication skills

Avoid Toxic Mentoring / Unhealthy Mentoring

Toxic Mentoring or unhealthy Mentoring is defined when the role of the mentor is abused.

- Seeking to control rather than teach.
- Projecting your life experiences, Traumas, etc. onto the mentee
- Personal expectations for the mentee
- Not being responsible and or neglecting appointments
- Abusive language, and or body language

Fact: Mentorship typically a volunteered position. However, organizations and companies has incorporated the position because it has been proven to add more morale and less stress on management.

Mentors in a position can be paid on average 35,581 per year or 17.11 an hour in the United States.