

# **THE FOUNDATION**

Creating a Life  
Centered on Jesus

**FIRST MEETING  
GUIDE**

## FIRST MEETING GUIDE

It's officially time for your first meeting with your mentee, and we're so excited for you to begin your journey together! If it hasn't been clear at this point, *before* you start to read the *The Foundation* and go through each session, we want you to have an initial meeting with the young adult you've been paired with. While the first two chapters of the book should allow you to have some bonding moments together, it's important to have a time to get to know each other outside of what is about to be a fairly structured program.

For that reason, we've put together this "First Meeting Guide" to help walk you through what we'd like you to accomplish before you begin reading through *The Foundation* together. The steps are as follows:

### 1. Schedule a time to meet

- > This should be quite a no-brainer, but it's possible you only vaguely know of your mentee or have never officially met in person. Once you receive their contact information, feel free to shoot them a text, email, or give them a call to set up this initial meeting. We encourage you to introduce yourself, and express a genuine excitement to start this process together!

### 2. Get to know one another

- > Once you're able to get together, we want you to lead the charge with getting to know your mentee! In the first two chapters of the book you're going to dive deeply into their testimony and their yesterdays (sin, trauma, disappointments), so we'd love for you to stay away from that for this initial meeting. Instead, get to know the more surface-level things about them for now (there will be plenty of time to go beyond this, don't worry). Ask them about things such as what they do for work, their favorite hobbies, movies, books, sports teams, etc. Get a chance to learn an overview of their family dynamics – are their parents still together? Living? Do they have siblings? How many? This is a great opportunity to learn a bit more about the personality of your mentee, and for them to learn about you as well! Reminder: most of the sessions will focus primarily on your mentee, so take this meeting as an opportunity to let them get to know things about you!

### 3. Program overview

- > At this point, your mentee should be fully aware of everything they've signed up for. Reading through *The Foundation*, meeting eighteen (18) times, reflection activities, mentor challenges, and the list goes on. However, they may still have unanswered questions or things they don't fully understand. There's not a massive need for you to go over everything again, but we'd encourage you to ask them what questions they have about the program, and make sure you're on the same page about everything.

### 4. Introductory activity

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- > At the end of each chapter there will always be a reflection activity to complete, but on the front end of *The Foundation* we have a short and sweet one we'd love for you to do with your mentee. First, we'd like for you to ask them what their goals are for this mentoring relationship. How would they like to see themselves grow? What do they hope to accomplish? Why did they sign up in the first place? Learn a little bit more about where they're coming from.

Second, ask them what their fears are in a relationship like this. Does anything make them nervous? Anxious? Scared? Is there a part of them that's hesitant to be here?

As you ask these questions, be sure to take notes as well and ***keep them with the rest of your Foundation Materials***. You will want these notes at the end of the program, so tuck them away and keep them in a safe place somewhere.

### 5. Make a plan for your meetings

- > Nothing will kill a mentoring relationship faster than a lack of clarity or intentionality on when to get together. We'd love it if you came prepared with regular times that work for you to meet, and do your best to line up your schedule with the mentee's. Make sure you don't leave this initial meeting until you've answered (1) When to meet, (2) Where to meet, and (3) How often to meet. Again, we've recommended a bi-weekly frequency for this program, but if you'd like to increase or decrease that frequency that is up to you and your mentee.

### 6. Pray over the relationship

- > Again, there will be plenty of time to go deep together, and this is not that time. You don't need to try and pray the gates of heaven open here, but simply offer this relationship and your journey through *The Foundation* to the Lord. Commit these eighteen sessions to Him together, believing He plans to work through them in both expected and unexpected ways.

Once your first meeting is complete, nothing else should be in the way of you and your mentee cracking open *The Foundation*. Make sure that your first session is scheduled, to read The First Pillar and Chapter One, and to complete the reflection activity before you meet again.

If you haven't already, be sure as the mentor to download the Mentor Session Guides at [www.awakencampuses.com/thefoundationmentor](http://www.awakencampuses.com/thefoundationmentor). Included in that document is an overview of "How to Run a Session" at the beginning, and "How to End The Foundation" at the end.

We can't wait to see what God does through you!