Growth Mindset Tool – Relationship Strategy Box

A strategy box is a tool that can help people think about the strategies they have used in the past to learn new skills and overcome challenges, reinforcing that they have the ability to improve and identifying approaches that have worked in the past that they can apply to current challenges. The strategy box here can help mentors reflect on things they did to form strong relationships with others that they can apply to their work as a mentor and form a stronger relationship with their mentee.

A blank template is provided on page 2.

## Instructions

A Strategy Box has four quadrants. In three of the quadrants, list three strong relationships you have with others (try to include relationships that you perhaps struggled with at first or relationships with other young people). In the fourth, list your mentoring relationship.

Next, list the most important strategies, actions, or traditions that helped you form those strong relationships. What were your successes factors? How did you progress through the challenges? What actions did you take? How did you adapt as the relationship changed over time? List as many as you can.

The last step is to see if any of these relationship strategies could be applied to your mentoring relationship. One example might look like this:

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| **Gary (dad)*** Play golf together all the time
* He listens to me
* I call once a week
* Always laugh and tell dumb jokes
 | **Rhianna (friend)*** Brunch! (we love to eat)
* Email/text many times a week
* Was strong for me when mom passed away

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| **Andrew (friend)*** Attend sporting events together
* Take long walks and talk
* Took dance class together

  | **Pamela (mentee)*** Meet weekly
* Email/text between outings
* Spend time together talking and listening
* Take a class together
* Meet for a meal
* Tell jokes and have fun
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# Strategy Box for My Mentoring Relationship

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| **Existing strong relationship:** **How I made it strong:** *
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 | **Existing strong relationship:** **How I made it strong:** *
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| **Existing strong relationship:** **How I made it strong:** *
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 | **My mentee or student:** **Strategies to borrow from other boxes:***
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