

# Mentorship

January 28, 2026

Facilitators: Deb Brear  
Nancy Hall  
Terri Lacroix



## Why Mentorship?

- Mentorship is a guided, reflective journey of exploration to achieve a desired change, outcome, or growth experience; .... a journey from where you are, to where you want to be. *(Source: TTNC Guidelines Document)*
- mentor, mentee, supervisor and/or reviewer come to a deeper understanding of their Therapeutic Touch® (TT) process

## Why a Mentorship Program

- Provides committed and consistent supervision and mentoring in multiple arenas across the province
- Increases credibility and visibility of Therapeutic Touch among healing modalities
- Strengthens TTNO's uniqueness as a supportive learning and practice environment

# Why a Mentorship Program

Outcome:

- Achieve and/or maintain Recognized Practitioner or Recognized Teacher status
- Enhance personal growth

# Who Benefits from a Mentorship Program?

All Members !

- Workbook practitioners
- Workbook mentors and supervisors
- Recognized Practitioner
- Recognized and aspiring Teachers
- Branches
- Therapeutic Touch Network of Ontario



# Dialogue Process: An Essential Element of a Mentoring Program

- Deep Listening
- Respect Others
- Inquiry
- Voice openly
- Suspend assumptions and judgements,
- Balance Advocacy and Inquiry
- Reflection

## Basic Assumptions of Mentorship Program

- Co-created process that is dynamic and evolving
- Mentee and Mentor both evolve and change throughout the mentorship process
- Each Mentee - Mentor relationship is unique
- Mentorship program is supported by the TT Community

# Types of Mentorship

## **One-on-one mentorship** with:

- a workbook practitioner
- workbook supervisor/mentor/reviewer
- student teacher
- teacher mentor/curriculum reviewer
- a practitioner who desires personal growth.

# Types of Mentorship

## **Group mentorship** (Example: Branch Group)

Can be focused on:

- Workbook practitioners
- Workbook supervisors/ mentors/ reviewers
- Aspiring teachers
- Those seeking personal growth.

## Mentor – TTNO Definition

A supportive, knowledgeable advisor who provides guidance to a practitioner at any stage of their Therapeutic Touch journey.

A mentor should be able to stand back and let go as the mentee becomes a peer.

# Mentor Qualities

11



- Skilled and experienced in the practice of TT
- Knowledgeable about the RP and RT requirements
- Kind, honest, good values
- Variety of tools to encourage thinking outside the box

# Mentor Qualities

- ➔ Prepared to work collaboratively with mentee
- ➔ Recognizes and supports building on mentee's strengths
- ➔ Offers constructive feedback that challenges and encourages the mentee's growth



# Mentor Qualities

- Engages in self-reflection
- Is willing to learn from mistakes and challenges
- Accesses other skilled mentors as needed
- Is comfortable with the dialogue process

# Benefits of Being a Mentor

- Experience sense of purpose & responsibility for continuing the TT legacy
- Strengthen your own practice and way of being in the world
- Enhance relationship skills including setting boundaries and communication

# Benefits of Being a Mentor

- Strengthen your active listening, reflection and responding skills
- Share what has been learned from others – to pass along the learning from predecessors



## Mentee Qualities

- Agrees to clearly communicate needs and goals that are co-created
- Is committed to taking necessary action, within the guided learning process
- Is prepared to mutually develop a respectful, grateful and trusting relationship

# Mentee Qualities

- Is open to expand their level of compassion toward self and others
- Engages in self-reflection
- Is willing to learn from mistakes and challenges

# Mentee Qualities

- Knowledge of and use of resources
- Sees relationship as a partnership
- Positive attitude, enthusiasm, light hearted
- Kind, honest, good values

## Benefits of Being a Mentee

- Further self-understanding and personal development that comes from the Therapeutic Touch lifeway
- Enhance communication skills
- Practice accepting and offering respectful and honest feedback



# Benefits of Being a Mentee

- ➔ Co-create and maintain a professional relationship
- ➔ Develop capacity to record and reflect on experiences to enhance learning and integrate concepts
- ➔ Expand your Network contacts.



## Mentoring as an Inner Lifestyle

“Your mentor will help you mold the near future of your life. Choose wisely for the long haul—and then:  
work like hell and prove that you, too, are worthy of [their] trust, [their] time, [their] wisdom, [their] creative teaching on your behalf.  
***and then—go for it!***”

# Mentoring as an Inner Lifestyle

For, in time,  
you too, can prove worthy of  
becoming a mentor—  
And those “mentorees”  
will have their mentorees,  
And so on and on, ad infinitum...”

► Dolores Krieger, PhD, RN

