

2022 Raising HOPE Women's Mentoring Program Virtual Workshop Calendar

ALL MENTORS AND MENTEES ARE ENCOURAGED TO ATTEND AT LEAST ONE WORKSHOP PER MONTH, AND ALL MENTOR OR MENTEE SUPPORT GROUPS. ALL WORKSHOPS ARE HELD ON WEDNESDAY EVENINGS 6:30-7:30 P.M.

To register & receive workshop zoom link, contact: cdeferrari@ulsterunitedway.org.



Women Mentoring Women to Success

RAISING HOPE

Help • Opportunity • Passion • Empowerment



Wednesday, March 30, 6:30-7:30 pm: **Mentor Support Group**



with Raising HOPE Program Director, Amy Summers & Program Assistant, Cecilia Deferrari

Come together with other Raising HOPE mentors and share successes, challenges and brainstorm about ways to support and empower your mentee! Join the Raising HOPE team as we share resources, tools, and mentoring tips. Introduce yourself to other mentors. We have a great group of mentors in our Raising HOPE community!

Wednesday, April 13, 6:30-7:30 pm: **Talent Acquisitions/Recruitment Style** **with Roseldie Desanges-Belfort, Assistant Youth Bureau Coordinator**



Get to know your professional strengths, areas needing nurturing, and transferrable skills, in order to identify ways to market and sell yourself to potential employers. You will learn about resume writing, Behavioral Style Interviews, and Organizational Fit.

Roseldie Desanges-Belfort has over 10 years of professional experience in Human Resource Management; specializing in recruitment and providing ongoing coaching and diversity engagement to managers and employees. She is a team member of the Ulster County Careers Center, and a Coordinator with Ulster County Office of Employment and Training. She was recently appointed Assistant Youth Bureau Coordinator.

WILLIAMS
Lumber & Home Centers

This workshop presented courtesy of Williams Lumber & Home Centers.

All women are welcome to join Raising HOPE workshops free of charge! Email Cecilia to register: cdeferrari@ulsterunitedway.org.

Visit the United Way website for more information about joining the Raising HOPE mentoring program: https://www.ulsterunitedway.org/raising_hope-main/

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THE FOUR AGREEMENTS



Wednesday, May 11, 6:30-7:30 pm: **The Four Agreements**, based on the book by Don Miguel Ruiz with Program Director Amy Summers and Program Assistant Cecilia Deferrari (limited supply of books available ahead of time for pairs, contact Amy asummers@ulsterunitedway.org).

“Everything we do in life is based upon the agreements we have made – agreements with ourselves, with other people, with society, with our Higher Power. But the most important agreements are the ones we make with ourselves. In these agreements we tell ourselves who we are, how to behave, what is possible, what is impossible. We say this is what I am. I can do certain things and some things I cannot do.” Explore the agreements you have made with yourself and begin to find the courage to break those agreements you have made that limit your success and happiness.



Wednesday, June 8, 6:30-7:30 pm: **Mentee Support Group:**

Join Raising HOPE Staff for an evening to connect, share & build community with your fellow **mentees**. Let's share our experience, strength & HOPE: Help, Opportunity, Passion, Empowerment. Open to past present and future mentees.

Wednesday, July 13, 6:30-7:30 pm: **Mentor Support Group:**

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August Workshop Break



Wednesday, September 14, 6:30-7:30 pm: Introduction to Mindfulness Based Practices with Ann O'Malley

Gain an understanding of the foundations of mindfulness meditation. You'll learn how to cultivate and develop the foundational practice of mindfulness of the breath. By the end of the workshop, you'll be able to identify when and how to use your breath practice. By cultivating this practice, you'll have an anchor for when your attention starts to stray or when you're feeling overwhelmed in your daily life. You'll also begin to develop a capacity for being in the present moment.

Ann O'Malley lives in New York City and is a retired retail-marketing executive with over 40 years of corporate experience. During her career, she worked for some of the top fashion and beauty brands in the world, where she led creative teams and agency talent in brand development and in bringing product initiatives to market. After her retirement 6 years ago, her search for a more present and peaceful life led her to the practices of meditation, yoga and pranayama. She is currently in the process of obtaining her 2-year certification as a Mindfulness Meditation teacher and is excited for the opportunity to connect in a learning community and to share and deepen her inner wisdom.

Wednesday, October 12, 6:30-7:30 pm:

Mentee Support Group:



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Wednesday, November 9, 6:30-7:30 pm

**Spa Night/Hand Reflexology
with our Raising HOPE Team.**

Get your candles and incense ready, tonight's workshop presents an opportunity to relax and rejuvenate. Join Amy & Cecilia for a wonderful evening of simple self-care for mentors and mentees alike (and all friends to the program are welcome). Hand

reflexology is a massage technique that puts pressure on various reflex points around your hands. The belief is that these points correlate to different body parts and that massaging the points can help to relieve symptoms in other areas of the body. Bring your favorite lotion or massage oil, and wear comfortable clothing. Learn some basic reflexology techniques you can do for yourself daily!

Wednesday, December 14, 6:30-8:00 pm

Raising HOPE Holiday Party!



Join the Raising HOPE Team & our Community of Mentors & Mentees to Celebrate and connect! We will either meet virtually or in-person if pandemic conditions allow. Either way, we will play games, sing, and have some fun! Details will be emailed to everyone in early December.

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