

Mentor Cheat Sheet

Finding Your Way Back (8 Weeks) | WhatsApp + Platform

Weekly Rhythm (repeat every week)

- D-1: Friendly reminder + 'come as you are'
- D0: Post-session recap + everyone posts an 'I Will'
- D2: Buddy check-in (Win / Struggle / Prayer)
- D4: Mentor check-in (1-10 + support)
- D6: Celebrate wins + preview next week
- Platform = tracking + prompts. WhatsApp = warmth + quick touchpoints.

Copy/Paste Scripts (short + human)

- Reminder: 'Quick reminder we're on tomorrow at {time}. Come as you are.'
- Recap: 'One line recap: {big idea}. Drop your I Will below.'
- Buddy: 'Win / Struggle / Prayer (1 line each).'
- Midweek: 'How are you 1-10? How did your I Will go? Any prayer?'
- Celebrate: 'What's ONE win this week (even tiny)?'

Mentor Posture (keep it light)

- No guilt. No chasing. Just consistent care.
- Make steps smaller if someone is stuck.
- Praise effort, not perfection.
- Ask good questions; don't try to fix everything.

Support Scripts (quick replies)

- Missed session: 'We missed you. You okay? Give me a 1-10 for this week.'
- Shame: 'You haven't failed. Returning is direction, not perfection. Smaller step?'
- Anxiety: 'Thanks for sharing. What's one thing we can hand to God today? I can pray now.'

Red Flags to Watch

- High-risk: self-harm / suicide, abuse, threats, 'I can't stay safe'.
- Medium-risk: hopelessness, panic, severe sleep loss, substance dependence, controlling relationship signals.
- If unsure, treat it seriously and escalate.

Escalation Steps (safety first)

- Thank them for trusting you. Stay calm.
- Don't promise secrecy (safety comes first).
- Ask: 'Are you safe right now?'
- If immediate danger: involve emergency help per your policy.
- Notify safeguarding/program lead immediately.
- Record facts only + follow up within 24 hours.

Log in Platform (private mentor notes)

- This week: Win + Struggle + Prayer request
- Their 'I Will' goal + follow-up date
- Risk flags (Y/N) + escalation notes (facts only)