

# Sisters in the Building Trades

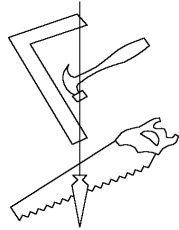
## Mentor Training

### Spring 09

**Building Trades-Building Women-Building Our Future**

### Sponsors

Carpenters/Pile Drivers/  
Millwrights  
Training Center



Project  
Help



Carpenters  
Local # 131

# Sponsors Needed

## AGENDA

Friday, June 26th, 2009

- 5:00 pm Potluck Social
- 5:30 pm Registration: Pick up your name tag, packet, and door prize ticket.
- 6:00 pm Welcome and Introductions –  
Melina Harris, President, Sisters in the Building Trades  
*The Sisters in the Building Trades mentor program and why it's important*
- Icebreaker exercise in small groups –  
*What do you know now that you wish you'd known when you started out in the trades?*
- 6:45 pm Resources for mentors –  
First Responder Training—*Sandy Winter*  
CERT, Community Emergency Response Training—*Carolina Taylor*  
Disaster Preparedness Training- *Speaker Needed*  
*Speakers to be introduced and moderated by Sarah Laslett,  
Labor Education Center, The Evergreen State College*
- 8:30 pm Adjourn

# Sisters in the Building Trades Mentor Training Spring 09 Agenda

[www.SistersInTheBuildingTrades.org](http://www.SistersInTheBuildingTrades.org)  
Building Trades-Building Women-Building Our Future



## Saturday, June 27th, 2009

- 8:45 am Coffee, and breakfast, Sisters style, Potluck :)
- 9:00 am Women in the Trades timeline – what got added?
- 9:10 am Welcome back; Stretch and Flex
- 9:30 am What is mentoring?  
*What makes someone a good mentor? What do good mentoring relationships look like? What kinds of problems do you think will be brought to you?*
- 10:00 Nuts & Bolts  
*When to talk? Where? How often? In person? Phone? One time only? Building Trust.*
- 10:30 am Break
- 10:45 am Communication skills for mentors  
*Listening, giving feedback, problem-solving*
- Noon Lunch. Door Prize tickets called.
- 1:00 pm Communication skills continued.  
*Role plays*
- 1:30 pm Dealing with crises and potential pitfalls  
*How we can we avoid them?*
- 2:30 pm Break
- 2:45 pm Check in  
*What are you concerned about? What are you looking forward to? What do think you might need in the future?*
- 3:00 pm How does the program work?  
*The website, news articles, outreach, potlucks, projects, volunteering for events, business cards, hardhat stickers, and teeshirts.*  
*Making contact*  
*Interactive reporting form*  
*Mentor Code of Ethics*
- 3:45 pm Evaluation, *unlike most places you will fill one of these out, you are the staff that needs the input to improve our program, please drop your evaluation at the registration table.*
- 4:00 pm Adjourn. Help with clean up is greatly appreciated.