

# Foston Institute for Holistic Mentoring

## Why People Mentoring Youth Need Training

**The Situation:** Adolescence is too crowded!

**The Problem:** In addition to the young people who are supposed to be there, unfortunately adolescence is also filled with children catapulted there and adults who never left. Because so many young people are crowded out of their own developmental space, many have developed an “Addiction to Hopelessness.” Adolescence is already turbulent enough without the added pressures of this unique addiction.

**The Need:** How can we “safely guide as many people as possible through adolescence to adulthood”?

## Overview of Level-One Holistic Mentoring Training

**A Solution:** Because too many adults are often frustrated with today’s youth without sufficiently understanding all that adolescents face, The Foston Institute for Holistic Mentoring designed a three-level adult training program, “Help Heal Your Youth (H2Y2)”. Level-One, a one-day (8 hour) training, will help participants:

- Discover their own wholeness because “before healing others, you must heal yourself!”
- Diagnose the “Addiction to Hopelessness” affecting too many adolescents
- Design community-based mentoring strategies to treat this addiction



**Participants will also learn to:**

- Improve their skills to mentor youth effectively,
- Identify mentoring misfits who should not work with youth, and
- Involve the entire community in helping guide as many people as possible to adulthood

The participants will be evaluated with Pre/Post Perception Checks, a Final Exam and Evaluations

## Table 1: Level One In-Person Training – At A Glance

08:00 - 08:15 = Registration Perception Check 1

08:15 - 09:00 = The Addiction to Hopelessness (Lecture and Poetry)

09:00 - 09:45 = Holistic Mentoring ( How Whole Are You? –Individual exercise)

09:45 - 10:00 = Break ( juice /coffee)

10:00 - 10:45 = Holistic Mentoring Milestones (Lecture)

10:45 - 11:45 = Mentoring Misfits (Small Group Discussion)

11:45 - 01:00 = Lunch with a movie ( Did You See Their Faces?)

01:00 - 01:10 = Break ( soft drinks)

01:10 - 02:00 = What is the Matter with this Child? (Simulation)

02:00 - 02:45 = It Takes the Whole Village ( Small Group Discussion)

02:45 - 03:00 = Evaluations and Perception Check 2

03:00 = Final Exam

Table 1: Level-One Training*		
Features		In-Person
Participants: Adults		100+
Participants: Peers Ages (12-18)		50+
Time Commitment		1 day (8 hours)
Response Time to Questions		In real time
Interaction		Small groups
Cost	Adults	\$99 per adult
	Peers Ages (12-18)	\$49 per peer

# Additional Opportunities with In-Person Level-One Training

When conducting in-person training sessions, Dr. Rebera Foston encourages and welcomes additional opportunities to share more of her gifts with the communities she visits. In addition to being a dynamic presenter, Rebera Foston is also a dynamic, **producer, poet, physician, performer and preacher**. In the past, she has worked with one or more community organizations across multiple days to hold various events in addition to the Level One Training. The section below highlights a few past examples of these multi-day visits:

## Two - Day Vist

Dr. Foston frequently combines her visits to a community with reading poetry for students at the middle and high schools. She also enjoys reading at Alternative schools because she meets some of the most gifted students there.

## Three - Day Vist

Dr. Foston has also added keynotes, and lectures for colleges and community groups on the “Addiction to Hopelessness” and “Holistic Mentoring” to raise awareness.

## Four - Day Vist

She is also available to combine all of the above formats and do a formal poetry reading called the “Muse and the Music.” or preach a sermon at a local nondenominational church.

If you are interested in learning more about these other opportunities to work with Dr. Foston, please contact The Foston Institute for Holistic Mentoring **1-800-418-0374** or **drfoston@fostoninstitute.com** for price quotes.

\* Level I training is also being offered on-line and on demand. While the same material is covered in both training platforms, there are a few key differences. The online training is self-paced, convenient, and questions are answered through social media as soon as possible. It does not include the peer mentor training option at this time. The cost per on-line participant is **\$125** which includes five sessions.

## Rebera Foston M.D. MPH, MATS, DMin

## BIO

Rebera Elliott Foston, M.D. MPH.MATS, DMin., an expert on adolescent issues, is one of the finest speakers you will ever hear. Drawing from the wealth of knowledge she has accumulated while becoming a doctor of medicine, a doctor of ministry, a master of public health, and a master of theological studies, Dr. Foston manages to weave her entire message through her powerful poetry. She routinely receives standing ovations, and leaves her audiences, young and old alike, inspired through their tears. Dr. Foston uses all of her gifts to tell of the pain of the children, and how that pain can be treated.

Dr. Foston is the author of 24 books, **I-65: A Lonely Road**, an autobiography; **The Conversation**, a murder mystery; **Peace On Earth**, a daily devotional for women; and twenty published volumes of poetry entitled, “The Collection” and features her most famous poem, **“You Don’t Live On My Street”**. She has also recorded You Don’t Live On My Street (Volume I) available on CD, a DVD entitled **“It Ain’t Getting Any Better**. 2 full-length feature films, **You Don’t Live On My Street**, (run time 2 hrs, 15 min) and **Did You See Their Faces?** The Teenager’s view of Church, (run time 1 hr, 27 min).

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