

The Alchemy of Breath Facilitator Certification includes a mentoring support system. Below is a clarification of the purpose of the Mentors, the support you can expect throughout the program and a definition of what your Mentor is and what they are not.

Your Mentor is a Certified Alchemy of Breath Facilitator and is familiar with the process and journey and has been selected for you for his/her ability to listen to you, keep you accountable and support you in your inevitable struggles and successes. S/he is here with love and support as you make your way through the program.

They, and we, are here to support you in the following ways:



To give this program a very human, personal component. Your mentor is there as a point person. S/he's been through the program and can offer valuable insight and hear you out.



This course is a commitment, and we want you to know that someone is helping you.



To give you personal accountability for getting through the program, which is to experience your own through the breath to then offer it to others.

THE STRUCTURE/BENEFITS
of the mentorship program

Monthly 30-minute Support Call

Your mentor and you will set up a monthly call to check in to see how you are and how your doing with the course content. You can decide together how to best use this time. You can start each call with the Alchemy Meditation and eventually you get to guide it.

Other Communication

You can ask questions and connect with your Mentor through email. Also, your Mentor may reach out to you. Also, you may come to an agreement with your Mentor if there are other forms of communication or connection that work for you both.

Mentor Wisdom

You can benefit from your mentor's wisdom. S/he's gone through the whole program and has insight into the process and the bigger vision. S/he can help with questions, fears and doubts and support you to stay on track in alignment with your vision with the breath. Your Mentor will be also be attending and participating in the weekly classes.



YOUR MENTOR IS:

- Your mentor is an accountability partner: s/he'll check in with you on your progress with the course material.
- Your mentor is a friend and you can reach out if you need anything practical in the course or have questions.
- Your mentor is there to listen to you.
- Your mentor is a hand-picked amazing person chosen for his/her talent, love and ability to support you.



YOUR MENTOR IS NOT:

- Your mentor is not your therapist.
- Your mentor is not available for unlimited guidance and support. S/he is a human being with a schedule. So use him/her for anything practical you need for the course at any time, but please be respectful about his/her time for emotional support. S/he is there for you, but with boundaries. If you aren't sure: ask!

GENERAL *guideline*

If you need general support, or to clear something, then reach out to your mentor! However, your mentor does not work full-time for our program, so you may not get an immediate response.

Please note:

your mentor may use your feedback and communication to help us guide the program. If for instance, s/he notices that a number of you are reporting that you feel rushed or that you didn't get something, it helps me clarify or support you in a better way.

So, unless you request for something to be fully confidential, your mentor may share it with the class trainer. S/he will use discretion, but S/he is also looking out for how we can best support you and this process and will share with us if it feels appropriate. That doesn't mean your mentor is reporting about you - it just means that S/he is listening for how we can support you and the group.

However, if you ever feel like you want to share something in full confidentiality, you are welcome to do that - but please make sure to request it so your mentor is clear.