



Guide to Choosing a ZB Mentor: Who Might Be a Good Match for You?

Getting Started

Check out the ZBHA website, www.zerobalancing.com, Find a Practitioner and search the *Certified Mentor Directory* to see profiles of the Certified Mentors.

[Note: You can work with more than one mentor at once or one mentor and then another. We encourage collaboration if you have more than one mentor.]

- Send a directory inquiry through the website or direct email to the mentor if you know whom you want to contact.
- If you would like help being matched with a mentor or have additional questions before you choose, send an email to ZBMentorCommittee@gmail.com with your request.
- The first consultation with a potential mentor is free.

Initial Self-Reflections

Think about why you want to work with a mentor and your expectations about the relationship. What kind of help do you need the most at this time? What kind of help do you think you will need in a month or three-six months from now? For example:

- Help integrating new material from a recent class?
- Increased confidence in certain evaluations and fulcrums?
- Deeper understanding of ZB principles?
- More refined skills?
- Guidance through the certification process?
- A chance to practice for the Practical Exam?
- Building a more satisfying practice?
- Help integrating ZB into your current non-ZB practice?

Considerations in Choosing a Mentor

Take advantage of a free, get-acquainted meeting to explore whether the mentor might be a good match for you. Some issues to discuss include; where you are on your ZB journey, what your goals are, and how a mentor can be helpful.

- **Location:** You can connect with any mentor by phone, email, video chat, and Zoom.
 - How frequently do you want in-person contact? How far are you able to travel to meet with the mentor? Are there options for meeting midway or at study groups, classes, or advancing skills days?
 - A referral to another mentor or faculty member for touch feedback is available if you are too far away to travel to your mentor.

- **Compatibility:** Considering your initial self-reflection and the conversation with your potential mentor, how do you feel about working together? Feel free to reach out (or be referred) to another mentor if this match doesn't seem right for you.
 - Check the vibe. Are you comfortable with this person? Do you feel that they "get" you?
 - Are your expectations about the mentoring relationship clear to both of you?
 - Will their communication style work for you?
 - Does it seem the mentor will help you develop your own answers while providing guidance and insight?
 - Are time frames for working together compatible—including type, frequency & length of contact?
 - Are financial arrangements satisfactory?
 - Is there clarity about goals, communication, accountability, and next steps?

Fine-Tuning the Mentoring Plan

Check in with yourself and with your mentor regularly about how mentoring is going for you. Offer feedback to your mentor about what's been working best and what you might like to change as you continue your ZB journey.

Please feel free to reach out to the ZBHA Mentor Committee zbmentorcommittee@gmail.com with any questions and feedback you would like to share.