

# Hear from our volunteers...

I became a volunteer mentor because my previous work had been in coaching and meditation. I particularly wanted to work with 16-19 year olds as I feel strongly this is an age group where, given enough time and attention, individuals can develop despite difficult circumstances and become the young adults that want to be.

Sometimes it doesn't work with the mentee and sometimes it does. It's important to remember that it isn't personal. When it does work it is a unique relationship. Outside of parents, teachers and employers, the mentor has the privilege of entering the young person's world and helping them make sense of difficulties, empower them and help them towards making positive decisions and actions for their lives to be more effective now and for the future.

I personally find the experience fulfilling and encouraging, sometimes challenging but mostly rewarding. I would recommend mentoring for those who enjoy working one to one with young people, who have a skill set that encourages and motivates and who want to make a difference in people's lives.

*Pam Clark,  
Lucky Break Mentor*

