Don't be afraid
to get your hands dirty...
You can shape your own future.

A mentor is an individual who holds your hand and challenges you to do your best on your personal, family, professional and social level. Everyone needs a mentor. As a child, your parents, grandparents or someone close filled that role. When you are in a school someone within the school will play that role. When you move into a workplace, someone within the organisation will likely fill that role. Mentors come in all shapes and sizes, and they come from all walks of life. The value created by mentors differs, so it is important to choose your mentor wisely.

When you knock the door at Anugraha we fill the role of a value creating mentor in your life.

My Mentor
growing with values

My mentor is a learning initiative where we go hand-in-hand with you. Our vision for you is to make learn and grow, not just age. For us it is an act of sharing, accepting, expressing compassion, trust and empathy. It is about service before self. It is about reaching out to you with an ear to listen. *My mentor* is not an activity, it is a process of living values on continuous basis. It can be a powerful instrument in total transformation.

My Mentor
growing with values

Values are our bedrock, despite whether it is good times or turbulent times, values are our guidepost, our touchstone, the means by which we always know what to do because we are guided by something unchangeable, unvariable set of values. That is why they are important. To help us navigate turbulent times whether on an individual, family, organisational or social level.

Values do not just appear, and we do not assimilate them overnight. They develop and evolve over the course of a life time. It takes time for them to move to our heart. And that happens in large part through mentoring.

MENTORSHIP
in values

Mentoring is not about a network. It is about assisting people grow and think with values. It is an opportunity to connect with the core of the person - values. Values and mentoring are important aspects of life. Values and mentoring make the person what he/she is. The tools and instruments used in mentoring will instill confidence, create a sense of belonging and develop an attitude that drops resistance.

Our individual worth is measured by our adherence to values. It is a time to challenge, refine and assimilate values we have been seeing as valuable.

Living values...What else matters?

With us you learn how to integrate and translate your values into highly focused and tangible value creation. My mentor has a wide range of benefits:

When we practice values, we experience our lives as meaningful, significant and important.
It help us understand why we believe what we believe - if we wish, to change it.
The better we understand our values, the more likely we are to have meaningful and fulfilling relationships.
If we value something, we will go after it - we are driven by it. Thus, if we understand our values, we also know what drives us.
Knowing our own values makes us more tolerant of others and so appreciate diversity.
Being aware of our values helps us answer some of the big questions that life comes with.
It helps us to deal better with difficulty and stress and return to equilibrium more quickly.
It helps to come face to face with our own belief system, emotions and understandings. *My mentor* empowers us to bring in timely corrections to our own belief systems. Thereby we can lead a corrected life with a purpose and vision.

My mentor is a useful initiative for;
Children, Students, Professionals, Executives, People leading at a higher level, Homemakers, Elders, Job seekers, Entrepreneurs, Families, Organisatios and so on.