

## **FAQ's About Catherine Faherty's Mentoring**

### **How do I prepare for the sessions?**

It is helpful to take a few minutes to prepare prior to the sessions in this way: Make a list of the things that you want to discuss, or questions you may have. Prior to our first session, I will ask you to share with me what your goals are - what you want to get out of the mentoring relationship. If you aren't sure, I can help you identify your needs and goals.

Our sessions will revolve around where you are, currently, in your understanding, goals, teaching, and practice. Mentoring sessions with Catherine Faherty typically result in concrete, specific, and practical suggestions, and are grounded in deepening your understanding gained from the combination of my mentoring and your experience.

You can use the mentoring experience to help you move far in your understanding and relationships with your work with your students or clients if you are committed to the learning process. It is work, and it is fun and inspiring too!

### **How and when are the mentoring sessions?**

The sessions are via Skype (or another long-distance technology) and scheduled at a time that is convenient for both Catherine and you, keeping the difference in our time zones in mind. Depending on your needs and our schedules, they can be scheduled once per week, once every other week, or once per month. Or, the scheduling can be flexible - we can schedule from one time to the next.

### **How much time for each session?**

The sessions last one to one-and-a-half hours. Usually, the first session is longer so there is enough time to meet each other, and for Catherine can get to know you and to best understand your needs. Once in a while, a session has lasted two hours however that is rare.

**For more information, or to get started, contact Catherine Faherty at [catherine@catherinefaherty.com](mailto:catherine@catherinefaherty.com)**