

FOR DISCUSSION

YOUTH MENTORING

Noetic Interaction Skills

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YOUTH MENTORING

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Youth Mentoring

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Coping/Non-coping Model

There are three response patterns for people who experience change or move into new situations and they are:

1. **The Experience model** – the new situation is similar to one which has previously been experienced
2. **The Mindset model** – the new situation matches a Mindset already held (which can be linked with beliefs and values etc).
3. **The Challenge model** – the new situation is challenging and can lead to a “Flight or Fight” response depending on the person’s psychological state.

Model	Coping
Experience	Copes well only with a situation which matches their experience
Mindset	Copes well only with a situation which matches their mindset
Challenge	Struggles to cope without intervention/support

Youth Scenario:

- Youth and young adulthood triggers questions about self.
- Young people often face an existential dilemma i.e. they question their lives and its meaning and this is done within a context where their societies may not be able to demonstrate a method to find answers to these questions.
- Young people face a changing and challenging world
- The only way to assist those who fall into the Challenge category is to let them escape or help them build their resilience and coping ability.

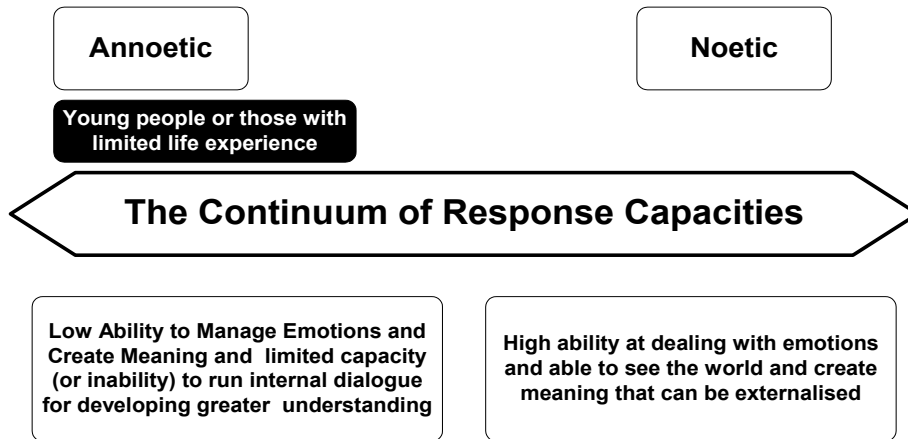
Solutions:

You cannot put a young old head on young shoulders but you can:

- Hear the need, both the emotional and intellectual need;
- Help respond to the need in a way that helps the person in need frame their understanding; and
- Help build resilience, coping ability and happiness.

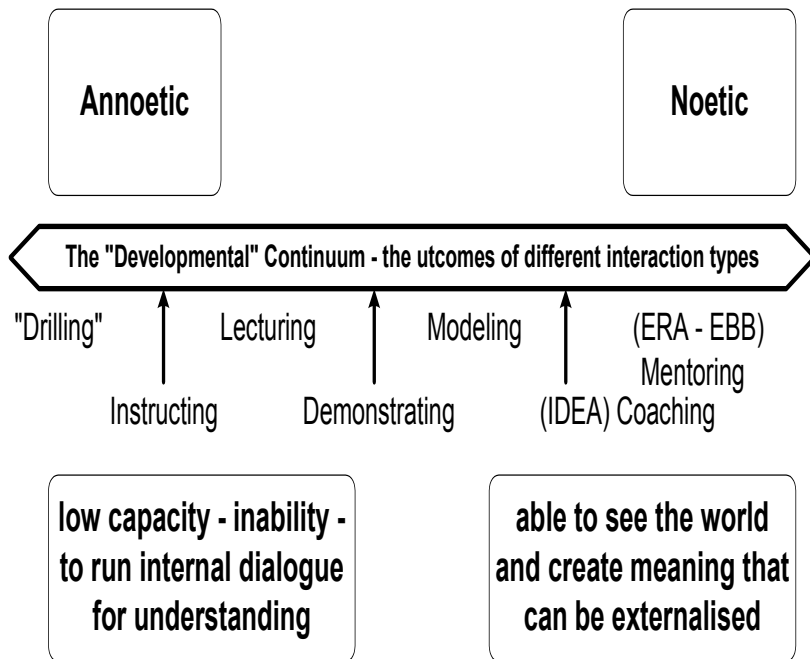
The Noetic Model

The Continuum of Response Capacities

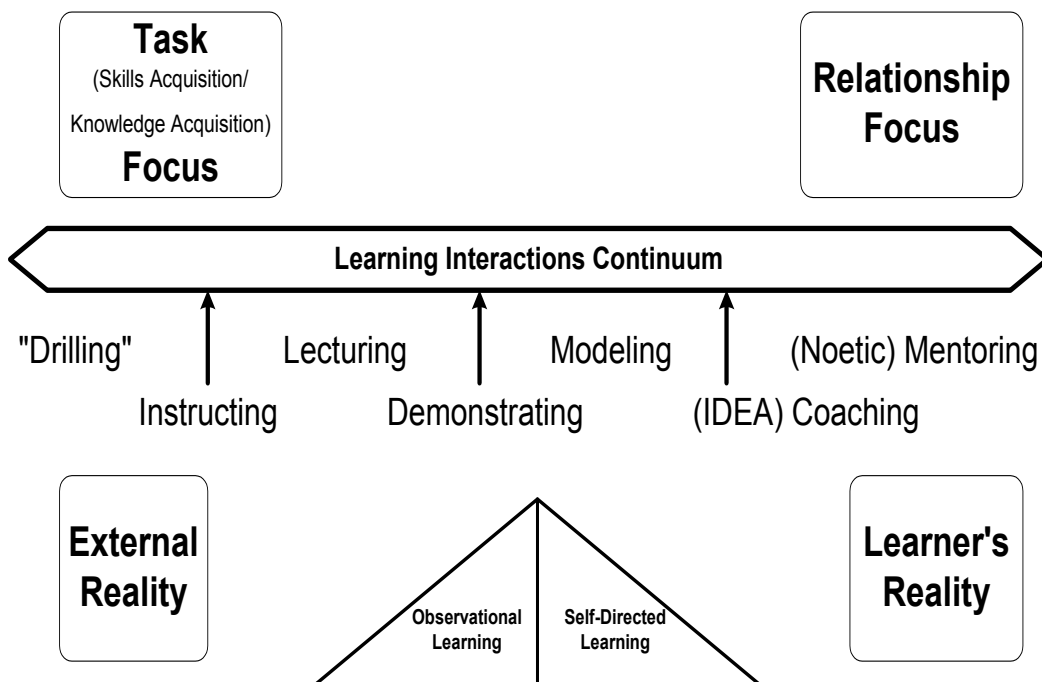


Young people tend to be at the Annoetic end of the continuum of response capacities. Rather than waiting for life experience to build the coping gap, one way to help young people is to provide Mentors.

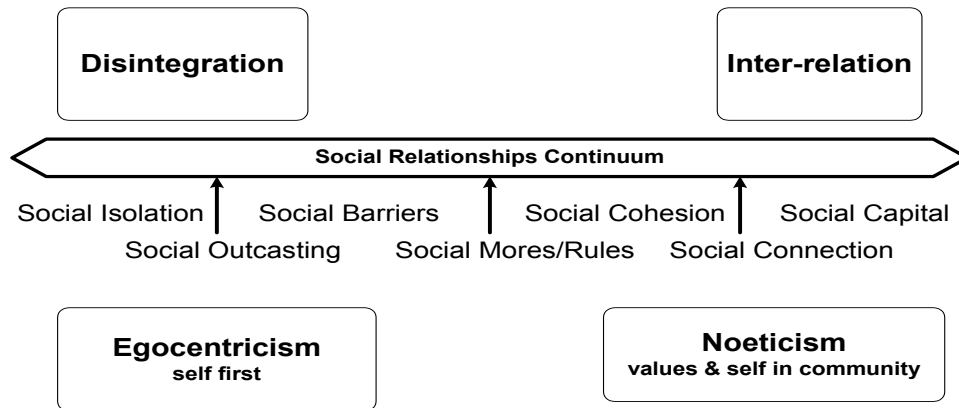
As indicated pictorially below, one way to help young people is to provide Mentors who are “Noetically” equipped so that such Mentors can really hear young people and help those young people create their own, “values-driven” meaning.



This flowchart shows where Noetic Mentoring fits within a learning context.



This final picture presents the continuum the relationship between egocentrism (common in youth) and Noeticism and community building.



The key is to know that there are interaction techniques that can build Noetic (values driven meaning) ability and thus build resilience, coping and happiness and that these skills build social capital and community.

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