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The Art of Mentoring: An Intentional Lifestyle Approach

That Makes Two of Us encourages lifestyle relationship for mentoring today's woman

Denver, CO – “I hate the word mentoring. It seems to conjure up thoughts of overwhelming responsibility, endless supplies of wisdom, long-term commitments and time-consuming meetings,” says author Connie Witt. Instead, Witt suggests re-thinking mentoring as a relationship. “Successful mentoring is not a program but a lifestyle. It’s basically seeing people God has placed in your life differently, and being intentional to share with them what God has taught you,” she says. This refreshing approach is detailed in **Connie Witt** and **Cathi Workman**’s new release *That Makes Two of Us* (Group Publishing, January 2009).



“*That Makes Two of Us* doesn’t have a curriculum, nor does it require a time commitment or third-party matching. It’s an intentional relationship between two people who will cultivate a friendship in a totally organic way. Boomers will begin to see their relationship with those of the next generation as an opportunity to share their faith through their everyday life,” says Witt.

Witt, a Baby Boomer and pastor’s wife, collaborated with twenty-something Workman, who devoted a year to research her generation (Millennials). Their journey and relationship with each other is the basis of *That Makes Two of Us*. The insights from two generations combined with real-life stories of mentored and mentoring women, offers fresh perspectives on the following:

- Myths of Mentoring
- Changing Your Lens – Seeing the Next Generation Differently
- Mentoring for a Moment, Season or a Lifetime
- Biblical Examples of Mentors
- Sharing Your Experiences, Successes, Failures, Hurts and Spiritual Journey
- Ideas for Relationship Building, Calendering and Maintaining Contact for Mentors

“Connie Witt has taken the intimidating and overwhelming and turned it into practical & fun”
Dr. Gary Smalley

For more than 25 years, Witt has served along side her husband as a pastor’s wife. She admits she knew biblical principles, but felt insecure in areas of discipleship and evangelism. But Witt came to realize that sharing her experience and her story with younger women, along with what God has taught her personally in the journey is discipleship. “We have to be willing to share our experiences, successes, failures, hurts and our spiritual journey. It’s all about being open and authentic” says Witt.

Witt also uncovers six common myths that prevent women from mentoring, as well as providing interactive elements for women to document their own experience to offer others. It also includes advice on managing calendars and ideas for activities to do with younger women. *That Makes Two of Us* is written in a light-hearted, conversational style that’s practical, un-intimidating and offers an easy approach to mentoring. After reading *That Makes Two of Us*, women will say, “I can do this!”

Connie Witt has a passion for the next generation and how to mentor them. She and her husband Lance have been married for 30 years and recently started a ministry called ‘REPLENISH’ that focuses on refreshing and refueling the soul of Christian leaders. For more information www.thatmakesthetwoofus.com.

About *That Makes Two of Us*:

That Makes Two of Us: Lifestyle Mentoring for Women by Connie Witt and Cathi Workman. Published by Group Publishing, December 2008. Paperback, 144 pages. \$14.99. 6” x 9”. ISBN: 978-0-7644-3828-8. Religion / Christian Life / Relationships.

Suggested Interview Questions

For Connie Witt co-author of *That Makes Two of Us*

1. Why is there negative connotation in the word mentoring? What is lifestyle mentoring?
2. What are some of your key findings about Millennials in your research?
3. How is lifestyle mentoring informal, yet intentional?
4. Millennials are the children of hard-working Baby Boomers. How did the Baby Boomer generation positively and negatively affect the Millennial generation?
5. How can the generation of Millennials be so independent, yet relationally driven?
6. What are some of the “Myths of Mentoring” you set straight in the book?
7. Where can women find these next generation women? How do they make a connection?
8. You write about three different opportunities for mentoring: in the moment, for a season, and for a lifetime. What are the differences?
9. How important is maintaining confidentiality with the younger generations?
10. Scripture is full of lifestyle mentoring. What are some of the most famous examples of using this technique in the Bible? How did Jesus embody lifestyle mentoring?
11. Many women struggle with the question, “What do I have to offer?” What does every woman have to offer, and why do we often overlook that?
12. With busy schedules affecting nearly all women today, how can women make the time to develop these relationships? What advice do you have for women and their calendars?
13. What is a “life curriculum?” How do women start to develop their own?
14. How important is the element of prayer for women who want to be lifestyle mentors?
15. Can these concepts be integrated into existing women’s ministries at church?

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Quotes from *That Makes Two of Us*

By Connie Witt and Cathi Workman

Lifestyle Mentoring: Behind the Scenes

“I hate the word mentoring. It seems to conjure up thoughts of overwhelming responsibility, endless supplies of wisdom, long-term commitments and time-consuming meetings.” (11)

“*That Makes Two of Us* is an informal, yet intentional mentoring model. It is informal that it is unstructured; there is no curriculum, there is no formula for how to spend your time, or even a time commitment, and there is no third-party matching. It is a totally organic process. Totally organic but completely intentional. You will learn to begin cultivating relationships intentionally as you start to view the next generation through a different lens.” (12)

“The biggest reason mentoring is so difficult is because of the baggage we’ve been carrying and continue to carry with us where ever we go. Baggage of who we think we ought to be versus embracing the journey God’s brought us on to make us who we are.” (33)

“The only curriculum you need is your life experiences, what God has taught you through those experiences, and what he is teaching you now!” (28)

“Mentoring is a lifestyle, not a program. It is basically taking the relationships God has put in your life, recognizing the God moments, and intentionally sharing what God has taught you in those moments and circumstances.” (44)

“Above all else, the best tool at your disposal is prayer. Pray that God would open your eyes to the women walking in your path every day. And if there are no women in sight, pray and ask God to bring someone. He will be faithful to honor your request.” (49)

“So why is lifestyle mentoring the mentoring model for the next generation? First, it’s the model that the next generation will respond to: relationship versus program. Second, and more important, because throughout all of Scripture this model is exhibited.” (62)

Generational Gaps: Behind the Scenes

“The boomers are the most successful, affluent generation in history. We set high standards for ourselves and expect to achieve them. We are project driven and goal oriented. We aim for a mark and have failed if we don’t hit it dead on. And during our journey, we had kids and families. Our kids have watched as we prospered and achieved our goals, yet divorce rates have skyrocketed and families crumbled.” (18)

“This is the generation born between the years 1977 and 1995. This generation is the generation of baby-boomer children. It is the largest generation since the boomers themselves, who are 72 million strong. It is the most-studied generation by sociologists, demographers, and marketing consultants since their parents. This generation are our new leaders. They’re already moving into the leadership positions of our companies, churches, and country.” (15)

“This generation has responded by being independent, yet they are relationally driven.” (19)

“Though this generation is definitely independent and suspicious of authority figures, there is an underlying need for adult interaction.” (19)

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Story Ideas: *That Makes Two of Us*

Adapted from *That Makes Two of Us* by Connie Witt

Generation Y: How Millennials relate to Baby Boomers

Five Things Everyone Should Know About the Next Generation

Based on pages 23-27 in *That Makes Two of Us*

1. We are independent.
2. We are highly connected. Technology has set a new standard in communication.
3. We are cause conscious. Perhaps because of the highly connected nature of our society, we are more aware of how our actions, purchases and values affect others.
4. We are multitaskers.
5. We are naturally suspicious.

Myths of Mentoring

Based on pages 38-43 in *That Makes Two of Us*

Myth: I must be smart.

Truth: You must be willing to share what you already know.

Myth: It's very time consuming.

Truth: You must be willing to open up your life and allow someone to come along with you.

Myth: Younger girls don't want to hang out with me!

Truth: There is a *longing* to have the influence of older women in their lives.

Myth: I need to know the Bible better.

Truth: You need to be willing and ready to share what you already have learned. Yes, we all need to continue growing and learning.

Myth: I don't have any curriculum.

Truth: Your life is your curriculum.

Myth: I don't have anything to offer.

Truth: You have everything to offer. You have your time, your love, your laughter, your skills, your experience, your knowledge, your hugs, your tears...you!

Finding the Next Generation of Women

Based on ideas on pages 47-49 in *That Makes Two of Us*

- Treat your babysitter to a special thank you lunch or coffee.
- Offer to help your newest colleague.
- Strike up a conversation with the woman at the park.
- People you meet at the gym.
- The barista at your local coffee joint.
- Get involved with a youth ministry of 20-somethings at your church.
- Lead a small group for a college and career ministry.
- Teach a Bible study for newlyweds with your spouse.
- Go on a mission trip.
- Ask your friends to join in with you.

Understanding the Generational Gap

An interview with Connie Witt about the major differences between the four current generations.

- Builders: Born 1922-1945
- Boomers: Born 1946-1964
- Echo Boomers: 1977-1994
- Millennials: 1995-Today

The Three Opportunities for Mentoring

Based on pages 50-60 in *That Makes Two of Us*

- Mentoring in the Moments
- Mentoring for a Season
- Mentoring for a Lifetime

Things to Do...Together

Based on pages 92-94 in *That Makes Two of Us*

1. Take a walk.
2. Go to lunch.
3. Go shopping.
4. Help her decorate her apartment.
5. Teach her to cook your dinner specialty.
6. Help her plan a special night for the special someone in her life.
7. Join a ministry together.
8. Surprise her with little gifts.
9. Download music she likes, and talk about it.
10. Do you need some help with your computer? Ask her!

Marks of Mentoring

Based on pages 96-102 in *That Makes Two of Us*

1. You must be authentic.
2. Listen and learn.
3. Maintain confidentiality.
4. Ask the right questions.
5. Follow up and follow through.
6. Encouragement is the key.
7. Pick your battles.
8. Look for the God moments.
9. Be the initiator.
10. Keep your own walk fresh.

Starting Your Own Mentoring Journey

Based on pages 112-113 in *That Makes Two of Us*

- Pray that God would start changing your lens.
- Start developing existing relationships.
- Develop your life curriculum.
- Connect with a friend or two with you in this journey.

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