

Collection of "Mentoring Advice"

- Be yourself - express who you are and how you like to do things, continue to always be yourself!
- This isn't "rocket science" - yes, maybe you are newly married and/or haven't been a navy spouse since he was an ensign - but you can figure this out.
- Ask yourself - what can we do to make this fun?
- "Semper gumby!" (Always flexible)
- Never wear your spouse's rank unless...it helps someone truly in need.
- Remember humility. You are not above others - and should never consider yourself such. You make mistakes too and should share them - they make you more approachable.
- Never eat anything in public that makes you look awkward!
- I've always told spouses to be themselves... yet, there is a time & place for everything & every behavior!
- You have to be honest & be yourself, because when you're not, people will eventually figure you out.
- Step up & take part, to be a part of the "process" but try to have fun while doing whatever it is for the club or unit!
- Find a really good friend, who you can trust, everyone needs a confidant. And be a really good one in return
- It's great to be involved - and I highly encourage it. However, just like many spouses, I always wanted to help and found that it's hard to say "no" and easy to say "yes" to too many obligations. So, don't carry your calendar with you (leave it in the car). That way, you can honestly say that you will think about it and get back to them tomorrow. This gives you overnight to reflect on your current obligations and to decide if you can give the request the time & effort that it needs. If not, it also gives you time to graciously decline and perhaps suggest an alternative.
- "People will forget what you said. They will forget what you did but chances are they won't forget the way you made them feel."
- Don't let the nattering naybobs of negativity form your opinion of your next duty station before you get there. Yes there will be positive and negative things about the

country, state, city, base, etc., however, moving on with a sense of adventure instead of dread, an open mind instead of preconceived biases will serve you better in the long run. I knew a couple who were fortunate to get orders to Japan for two years. The wife never left the base to tour her host country, never experienced anything about Japan outside of the base. After returning to the states, at every social gathering, she never hesitated to express her dislike of the country! I cringe when I think of the spouses listening to her stories, and possibly discouraging their active duty spouse to pass on orders that could have been a wonderful adventure for them and their families.

- To be good stewards ... we are only on this Navy journey for such a short amount of time. We can certainly find something about each person we come across that is a kind and gracious comment to share. "There is no better exercise for the heart than reaching down and lifting someone up!"
- Some of the best mentoring doesn't happen during an official 'mentoring' time but during those everyday moments as you go through life. Often, a short chat in the aisle at the commissary or while sitting on the sidelines at a soccer game can yield great rewards and insight for all involved. Mentoring happens. I also love the advice given at the Command Spouse Leadership Course in Newport about your 'neutral face'. What does your face say when you aren't focused on what your face is saying? Spouses are watching...
- What I picked up and try to pass on to other spouses is to be yourself. Represent your husband/spouse well, but be true to you. Remember that we don't "wear" our spouse's title. Treat everyone with the same respect. Never look down or make anyone feel as if you are looking down on them or their situation. We are all in this together. Find a support system. There will be days when you don't feel like doing this and It is OK.
- Be proud of your spouse, but remember to keep your own identity---and don't wear his (or her) rank.
- Remember to always look for the good no matter how bad things might seem. it might take a little bit of time but there's always good in every situation!
- Don't be shy, or think no one wants to talk to you. Go over to someone else who is standing alone, and be cordial, or join a group. Have a few opening comments in mind (maybe even write down the best ones that people open conversations with). Also -- go over the roster if there is one before you go to an event.
- Watching your facial expression is so true- My husband once told me it looked like I was "sucking on lemons" as opposed to the thoughtful face my brain told me I was showing....not good. My most helpful suggestion regarding this topic is to think about a question as a slice of pie.....and.....before you answer, consider the pie as a whole. This visual has always made me look at each slice as an option...or

answer...before making a statement. Sounds crazy, but works to this day for me. Think before you speak?

- Keep perspective between my family and my military social activities. She told me that my family should always come first. If I was never there they would never forget. Most of the wives might forget who I was after many years, but my family never would. That was very sound advice and I was very grateful for it. Another valuable lesson I learned is about inclusion. Exclusion is devastating. When you organize a function and you are limited on space or whatever, be very careful about excluding anyone We should offer inclusion, always. If they don't want to participate, the choice is theirs, but we should always offer.
- People will always pay more attention to what you do than what you say ... It is not important who gets the credit ... Help teach people how to solve problems instead of solving the problems for them, for you may not be there the next time, and once taught, they might be able to help someone else down the road ... Always have in your life someone you wish to follow, and someone you wish to guide
- To thine own self be true - be yourself - but strive to be the nicest version of yourself :) Say hello to everyone in the room, a kind word, a warm smile can be the best boost- and encourages others to do the same, sure boosts me!
- When I used to do the ensign spouse tea I used to tell them to not be afraid of leaving a little bit of themselves behind at every duty station. Go out and enjoy where you live, connect with people, experience new cultures, try new food and learn new things. It is always hard when you move , and miss where you were, but that means you can say you truly experienced life there. Some people put up walls because they don't really want to be where they are, or know they will be moving in a couple of years and don't think it is worth investing time into their current situation. But I can say without any hesitation, that the places I have been, people I have met and experiences I have gained through moving around have been worth every headache that moving can give, and then some!
- Make yourself available. Get out and interact with other spouses.
- When engaged in conversation be present and listen actively.
- Acknowledge your faults and display your real self.
- Be deliberate in your actions and display forethought.
- Take care for and pride in all of your responsibilities, especially family.
- Respond appropriately & show appreciation.

- Bloom where you're planted. Take advantage of whatever the area has to offer. Connect with others. Get settled quickly and get involved (work, volunteer, hobbies).
- "People will forget what you said
People will forget what you did
But people will never forget how you made them feel".
- Whether you are someplace for 6 months or 36...set up "home". Hang curtains, add paint and work your own magic on your home.
- You do not have to personally solve the problem instead connect them to the resource or expert--Chaplain, doctor, School Liaison, Navy Marine Corps Relief, Case Manager, COMPASS Course. You cannot be the expert in all things--know your limitations.
- Helping others is actually one of the best ways to help yourself...out of a funk, through a deployment, etc. Shift the focus.