



# LIFE LAUNCH

## PROGRAM EXPECTATIONS

In Life Launch we believe, “you are what you love”<sup>1</sup>. This means that all people ultimately run after what their heart desires. The best way to cultivate what the heart desires is to have restorative or healthy rituals, routines, or practices.

One of our main goals in the formation of our Life Launch teams is not only to equip you with information on how to be a mentor, but to equip you with the necessary practices that will cultivate trust and safety in the heart of the Life Launch team over time. We can’t think or believe ourselves into becoming good mentors, we must practice our way into it.

It is crucial to know that most of our young adults distrust adults because of the routine abuse, disrespect, and mistrust perpetrated by adults in their lives and because of the broken systems that they have been a part of. In knowing this, we can respond by cultivating practices that are safe and restorative.

As we do this, not only will the heart of the Life Launch team be formed, but we will have the privilege of watching the heart of our young adults begin to orient toward safe adults like they may have never known before.

We call these six practices our “Life Launch Program Expectations.”

<sup>1</sup> Smith, James K. A. *You Are What You Love: The Spiritual Power of Habit*. Michigan: Brazos Press, 2016.

# LIFE LAUNCH PROGRAM EXPECTATIONS

## Cultivating the Heart of the Team

### SPEND TIME TOGETHER

All of our Life Launch teams are required to spend a minimum of three and no more than eight hours together each month. Being together is a foundational part of Life Launch. Time together can be spent talking, going hiking, grabbing coffee, sharing a meal, working toward team goals, visiting an art gallery, going to the movies, or many other things. These times spent together are the fuel that moves the team forward, gives substance to your relationships, and creates space to work on goals and plan for the future.

---

---

---

#### Things to Know:

- Meeting less than three hours per month is not enough to form the heart of your team.
- Meeting more than eight hours per month can lead to burnout.



### HIGHS AND LOWS

We ask all of our teams to practice their “Highs and Lows” before or after each Life Launch team meeting. Practicing your Highs and Lows is a great way to catch up with the exciting and challenging parts of life. Honestly practicing your Highs and Lows helps the team cultivate humility and trust, and creates opportunities for mentor and mentee alike to encourage each other. This is one of the most powerful practices in Life Launch. There are several underlying benefits that come from incorporating Highs and Lows into the life of our teams.

---

---

---

#### Things to Know:

- Highs and Lows, when done routinely, breakdown socio-economic walls and cultivate a deep compassion and relatability among the Life Launch team.
- Gives us a specific time for the difficulties of life to be shared, which cultivates trust and commonality.

# LIFE LAUNCH PROGRAM EXPECTATIONS

## Cultivating the Heart of the Team

### PREPARE FOR NEXT TIME EVERY TIME

Preparing for the next time after each Life Launch meeting helps everyone stay on the same page, cultivates a sense of priority and belonging for your mentee, and creates predictable routines that cultivate trust and safety for all the team members.

---

---

---

#### Things to Know:

- The more you intentionally plan for next time, the more your mentee feels like a priority.
- This teaches the heart of our mentee to trust and that you always come back. Planning ahead reduces relational hyper-vigilance and anxiety in our lives.
- Our mentees can learn to plan ahead by using their own calendar.

---

---

---



### WEEKLY COMMUNICATION

We all communicate with the people we care about, and make time for those who are a priority in our lives. Weekly communication helps show that our teams care for each other, and over time consistent communication creates relational connection. You cannot have a good connection with someone you do not know well. There are several things to keep in mind when communicating with your mentee. The majority of your communication must be as a team, so that the team grows together. A team that checks-in stays close and stays together! The majority of check-ins should be via group-text, Facebook group-message, email, FaceTime, or calls.

---

---

---

#### Things to Know:

- Group communication is the priority. When the team communicates together, it grows together.
- Avoid consistent one-on-one communication between mentors and mentee.
- Schedule as mentors first and then present potential dates to mentee (if planning for next time didn't work).
- If your mentee consistently has trouble communicating, contact your Program Manager for guidance.
- Check-in about everyday, seemingly mundane things.

# LIFE LAUNCH PROGRAM EXPECTATIONS

## Cultivating the Heart of the Team

### IDENTIFY GOALS

Identifying and working towards goals is an important aspect of the Life Launch program, and gives teams a trajectory. It is critical that our mentees identify what those goals are and that our mentors remain in the role of helper and guide by asking good questions and offering support along the way. Helping your mentee learn how to set and express their own goals, (however trivial or vital they may seem) cultivates problem solving and agency within your mentee which in turn gives them a sense of ownership in the process.

---

---

---

#### Things to Know:

- The best way to set goals with young adults is to ask questions:
  - *What do you need help with?*
  - *What would you like to accomplish in the next six months?*
  - *What stresses you out the most about the next one or two years of your life?*
  - *What keeps you up at night?*
  - *How can we pray for you?*
- Goals can be silly and serious



### RESPOND TO YOUR PROGRAM MANAGER'S MONTHLY CHECK-INS

Supporting our mentor teams is one of the top priorities of Life Launch. We check in on a monthly basis with both mentors and the mentee to help support and guide along the way. It is also our goal during these times to help equip you as mentors and mentees with the tools you need to cultivate our program expectations. It is imperative that all of our teams respond to our monthly check-ins so that we can help identify red flags, team drift, address questions, and make sure you all feel well supported as you embark on this adventure together as a team.

---

---

---

#### Things to Know:

- Your Program Manager is always available for any need or concern.
- Your Program Manager is here to walk with you, every step of the way.