

LifeXchange May Newsletter

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YOU DON'T NEED TO KNOW IT ALL
TO CHANGE A LIFE.
WWW.LIFEXCHANGE.CO.ZA

4 Tips to Successful Mentoring

We have discovered that when these four key ingredients, are present in a mentoring relationship, there is definite growth and development:

1. Duration - mentoring relationships shorter than 18 months can be detrimental, especially when working with young people with detachment issues. 24 months is a great period for mentoring and will lead to positive outcomes; but a life time of mentoring guarantees success!

2. Frequency - Committing to mentor someone over a 24 month period will not lead to positive outcomes if you only see your mentee twice! To meet frequently is vital! Once a week is sufficient for positive change to happen, more than once a week – bonus!

Image by [Jonathan Wagener](#)

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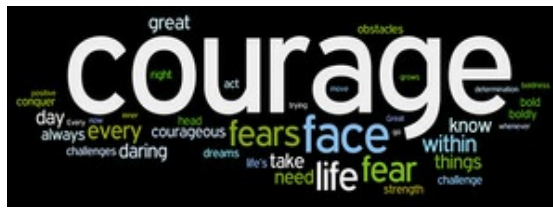
SHOUT OUT!

To St Andrew's for sponsoring Justin Boois, aka Joe and Des Levendall. Joe has been sponsored to do 1 year with the Foundation Learning Centre working towards completing his matric. Once he finishes his matric he can register with HPCSA and start practicing as a medic.

Also for sponsoring Des a 1 year learnership programme which will ensure her successful completion of Level 2 Finance, Economics and Accounting at False Bay College.

Welcome to Tamsin Mewes (Education and Development Liasion) and Charles Donald (Activities and Counselling). We're excited to have two new amazing people join our LifeXchange Team!





In the words of [Keanan](#):

Eng: "The time has finally arrived to take on the real world. I feel very small, not that I'm small, but definitely afraid, which is good! But I know it's something that I can do! I see the rays of my future beginning to emerge from behind that huge mountain that I'm about to make a mere mole hill, and show my friends that, if you want to get there, 'where there's a will there's a way' and hopefully I can inspire them!"

Afrik: "Tyd het finally aangebreek om nou die regte wereld aan te vat."

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What's Hot!

23 – 26 May 2013: **LifeXchange training that can inspire positive change in your life and in the lives of those around you.**

Contact tracy@lifexchange.co.za

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06 June: Pick 'n Pay School of Cookery. This year the theme is Tasty Tapas. Cost per ticket R110 per person.

Contact Tammy@lifexchange.co.za for more information!

Comedy, Food and Wine



A recipe for success! Our first ever Donor Appreciation Evening was a great success and was thoroughly enjoyed by all! With Mark Sampson as our comedian, the entertainment for the evening was a big highlight along with the many giveaways, including free nights away, dive training, discount vouchers and much more! Words shared by Zahnio, who stars in our Mnet TAG Awards video, were moving to say the least. We hope our supporters walked away with a sense of belonging, and a sense that they are involved in truly making a difference in the lives of these youth whose lives would otherwise be going nowhere!

What is courage?

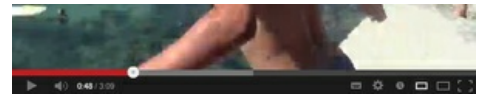
According to Scott Larson courage means;

"TO ACT
WITH **STRENGTH AND INTEGRITY** EVEN
IN LIFE'S MOST DIFFICULT



CIRCUMSTANCES"

We asked people from the community what they thought of courage and went out and showed some courage in our own way! Check out the video!



- Old *cell phones* for our youth to 'buy' with their credits. To have a cell phone is a requirement we have of our youth when entering the Public Integration stage
- *Computers or Laptops* in good working order for our Development Programme run by Lucinda Timoney and Tammy Mewes.

In Need Of

PRAYER:

- For Mandy Rapson as she leaves us and goes to Colorado in June.
- For LifeXchange as it changes shape and adapts to new people in new roles
- For our youth to continue to grow in their dreams and goals as well as their knowledge of Christ and God's presence in their lives
- For continued belief in the vision of LifeXchange by our supporters

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