

A partnership between:
Tulsa Tomorrow and the Jewish Federation of Tulsa

BE A LIGHTHOUSE: MENTOR/MENTEE PROGRAM

”A lighthouse is a beacon; a signal of strength and remains a steady pillar of reassurance.”

MISSION | Be "The Light"

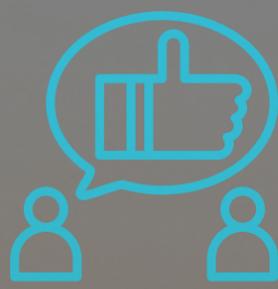
The mission of "Be A Lighthouse" is to provide support, guidance, and connection to Jewish people who are new or returning to Tulsa. This program is meant to cultivate relationships that will help foster community engagement, professional guidance, and Jewish leadership.

RELATIONSHIP | How It Works

Mentees are paired with mentors for twelve months. Within that time period, mentors and mentees are expected to meet four times (COVID permitting) by engaging in both social and meaningful activities. Examples of your time together include, but are not limited to, meeting for coffee, attending Jewish programming together, concerts, sporting events, etc. Mentors and mentees are matched based on personal interests, career paths, personalities, or all of the above.

OUTCOME | Measure of Success

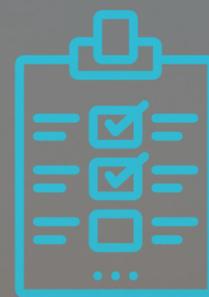
Mentees feel welcomed into the community, involved in Jewish life, and comfortable navigating their way through Tulsa.



MATCH



MEET



ASSESS

- 1 Allow us to pair you with a mentor/mentee based on the criteria completed on the short application.
- 2 Stay connected! Meet in-person, talk on the phone, email, and text.
- 3 Complete an evaluation form after six months and again at the end of the one-year relationship. You will also follow up with staff from the Jewish Federation of Tulsa and Tulsa Tomorrow.

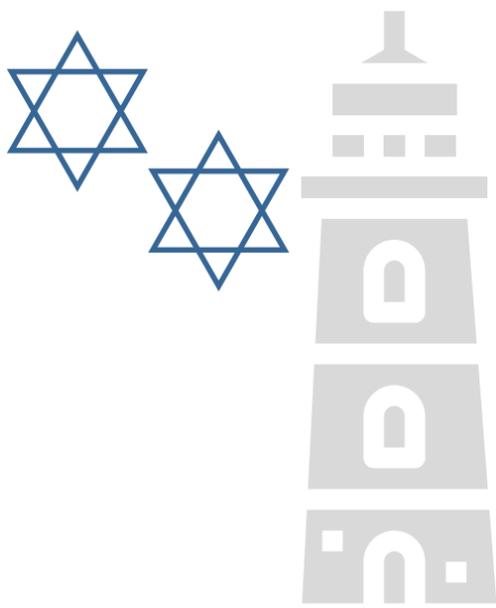
QUESTIONS? WANT TO JOIN? EMAIL US!



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TIPS FOR A SUCCESSFUL RELATIONSHIP



GET TO KNOW EACH OTHER

Mentor and Mentee: Remember that people come from diverse backgrounds. Be open and refer to your guided questions.

DEFINE EXPECTATIONS

Mentor: Help your mentee set realistic expectations. If you know you will be unavailable, let them know.

Mentee: Be upfront. Let your mentor know what your goals are and what you hope to take away from the program.

ACTIVELY PARTICIPATE

Mentor and Mentee: Don't forget the terms of "The Relationship."

KEEP COMMUNICATION OPEN

Mentor: Encourage communication and participation.

Mentee: Remember that your mentor is there for you.

MAINTAIN CONTACT

Mentor: Keep up with your emails, texts, and phone calls. Ask questions and be responsive.

Mentee: Respond to your emails, texts, and phone calls. Answer questions.

BE INNOVATIVE + CREATIVE

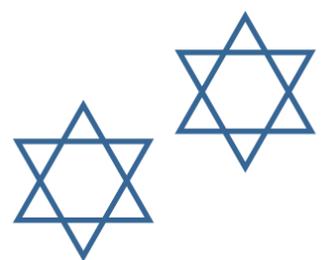
Mentor and Mentee: Offer ideas on what activities you can do together.

BE RELIABLE AND CONSISTENT

Mentor and Mentee: The more consistent you are, the more you will be trusted. Be mindful of each other's time.

STAY POSITIVE!

Mentor and Mentee: Remember that your attitude is everything! You get out what you put in.



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TULSA

EXPLORE

TOP THINGS TO DO TOGETHER

Mentors, you receive a subsidy to connect with your mentee!

Mentees, you're new to Tulsa! Have your mentor introduce you to a new neighborhood, or have them take you to their favorite spots and hidden gems.



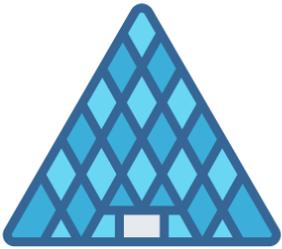
Life and Culture

Explore some of Tulsa's highlights, like the Gathering Place, or one of the other 135 parks in Tulsa! Other Tulsa icons include: The Drillers baseball team, Mother Road Market, Route 66, and many others.



Architecture

Tulsa's Art Deco-style architecture is highlighted throughout downtown. Taking a walking tour through the Cathedral District, or exploring the underground tunnels in the most unexpected places is a great way to learn the history of the city.



The Arts

Check out places like aha Museum, the Tulsa Opera, or see a play at the Tulsa Performing Arts Center. Other arts-related locations include: The Philbrook Museum of Art, Gilcrease Museum, and the archives of Woody Guthrie and Bob Dylan. If you're into music, you may also like a show at the BOK Center or Cain's Ballroom.



Wine and Dine

Visit a local bar or restaurant, or enjoy a cup of coffee. Places like Chimera or NEFF Brewery offer gluten-free or diet-restricted drinks and food for everyone; however, there are so many other places to explore.



ENGAGE

TALKING POINTS + NOTE TAKING

Shared interest in music? Same favorite food?
Write it down - we want to hear about it!

Talk about yourself.
Why are you both in Tulsa?
What do you do for work and fun?
How do you see your relationship benefiting one another?



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