

# ACE LINKS

*ACE Mentoring Program Quarterly Newsletter*



## Friendship and Mentorship

Friendship and community can be incredibly healing. Is there a place for friendship in work and in mentoring relations? How can cultivating friendships at work support you personally, professionally, and intellectually? We invite you to reflect on the power of friendship and to share your perspective with your mentor/mentee. If we have piqued your curiosity, consider watching this [conversation between Simon Sinek and Trevor Noah](#) as they unpack this idea.

## Check-in WITH YOURSELF

**We invite you to pause and reflect upon your relationships.**

- How often do you connect with friends?
- If the time commitment was 10 minutes or less, would you connect more often?
- How do you cultivate friendship?
- What core values in a friend align with your own values?
- What do you need from your friendships?
- What do you give to your friends?
- Are you able to prioritize friendships?

**A FRIENDLY REMINDER TO CHECK-IN WITH YOUR MENTOR/MENTEE!**



## CONVERSATION STARTER

Do you have 8 minutes?

The responsibility of being a mentor or mentee can be intimidating... or it can just be an 8 minute human connection that can grow to be what it needs to be.

### The Power of an 8-Minute Catch-up

This article describes the impact of just 8 minutes on maintaining and building friendships. Many of the challenges of a busy, high demand lifestyle apply not only to friendships but making time for meaningful mentorship connections.

**Mentorship, friendship, and community are not just nice-to-have elements; they are essential components of a fulfilling and successful life.**

-Zack Roberts

*One's Journey to Success*

[Article: "The Interwoven Fabric of Mentorship, Friendship, and Community"](#)

Stay  
Connected  
with ACE



## RESOURCES AND UPCOMING EVENTS

### ACE FALL COMMUNITY LUNCH

TUES., OCT 22ND  
12:15-1:30PM

LA KRETZ GARDEN PAVILION

### SIMON SINEK & TREVOR NOAH

ON FRIENDSHIP, LONELINESS, VULNERABILITY, AND MORE | FULL CONVERSATION



<https://www.youtube.com/watch?v=CNBxIhxHHxM>

### UCLA HEALTHY CAMPUS INITIATIVE

SEMEL INSTITUTE  
LIVE WELL INITIATIVES

MINDFULNESS PRACTICES  
MINDFUL AWARENESS RESEARCH CENTER (MARC)

## ACE MENTORING COMMITTEE

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Interested in the ACE Mentoring Program?  
Have an event or resource you would like to share in a future issue of *ACE Links*?

Email [ace@college.ucla.edu](mailto:ace@college.ucla.edu) for more information!