

# ACE LINKS

*ACE Mentoring Program Quarterly Newsletter*



## OMNI-DIRECTIONAL MENTORING

The ACE Mentoring Program provides thoughtful mentoring matches, a programmatic structure, and events to bring mentors and mentees together. We underscore the value of learning and growing from each other; yet, it is still within a traditional mentoring structure. Depending on how much you engage outside of your pairing, the ACE Mentoring community can provide omni-directional support, where all participants act as both mentor and mentee, fostering mutual growth, trust, and knowledge exchange across an entire community rather than just one-on-one. Your mentor or mentee can be a lifeline when experiencing anxiety or burnout, but omni-directional mentoring can foster communal hope and belonging within a larger community of care. Being open to mentoring relationships beyond your mentoring matches enables your mentoring community to support you more holistically.

## check-in WITH YOURSELF

**We invite you to pause and reflect on giving and receiving support, emotional load, and communal hope.**

- Where am I currently receiving support and where might I need more?
- What feels heavy right now? What feels steady?
- What small moments this week have brought me relief or calm?
- In what ways have I been able to support someone, even if quietly?
- Am I giving support from a place of energy or obligation?
- How can I lean on others to sustain a sense of hope when I feel depleted?

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



## CONVERSATION STARTER

**Let's slow down and focus on presence  
rather than problem-solving.**

What kind of support would feel the  
most helpful right now - listening,  
reflection, or something practical?

Is there something you've been carrying  
alone that I might help you carry?

What's one encouraging moment you can  
share with me today (and vice versa)?

**“Never doubt that a small group of  
thoughtful, committed citizens can  
change the world; indeed, it's the only  
thing that ever has.”**

**-Margaret Mead**  
**American Cultural Anthropologist**

*Stay  
Connected  
with ACE*



## RESOURCES AND UPCOMING EVENTS

### NAVIGATING THE DYNAMICS OF A MULTIGENERATIONAL WORKFORCE

[BLOG: CULTUREALLY](#)

### ACE EATS SPECIAL ACE MENTORING INVITE!

MON., FEB 9TH  
12:00PM-1:00PM

IN PERSON LOCATION TBD

### ARTICLE “WHY SCHOOL LEADERS SHOULD FOSTER A CULTURE OF MENTORSHIP”

*The article mostly refers to  
faculty, but there is great info on  
looking beyond the 1:1 mentorship  
model and benefits of creating a  
culture of mentorship*

### UCLA HEALTHY CAMPUS INITIATIVE

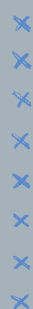
SEMEL INSTITUTE  
LIVE WELL INITIATIVES

MINDFULNESS PRACTICES  
MINDFUL AWARENESS  
RESEARCH CENTER (MARC).

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!



## ACE MENTORING COMMITTEE

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