



### **PURPOSE**

This Mentoring Agreement was created to ensure mentees and mentors develop a mutual understanding of expectations from the beginning of their relationship. Additionally, it creates a series of identifiable benchmarks and goals to work towards and evaluate progress.

This contract will help each mentee/mentor pair:

- Establish communication expectations
- Identify goals for this mentoring relationship
- Outline skill areas to be enhanced or developed through this partnership

### **As a mentee, I agree to do the following:**

1. Meet regularly with my mentor and maintain frequent communication.
2. Look for multiple opportunities and experiences to enhance my learning.
3. Review my progress and adjust my contract as I work towards my identified goals of ICT course completion or practitioner certification.
4. Maintain confidentiality of our relationship.

### **As a mentor, I agree to do the following:**

1. Serve as a mentor for \_\_\_\_\_ and provide guidance, oversight, and encouragement.
2. Provide feedback regarding their mentorship contract, progress, and experience
3. Meet in person or communicate regularly with my mentee to review their progress and help them work toward identified goals.
4. Maintain confidentiality of our relationship.

This agreement outlines the goals and expectations agreed upon by the mentor and mentee listed below. Although the thoughtful completion of this form is a requirement, it is understood that items will change and adjust naturally to fit the needs of both parties as the mentoring relationship grows. Current plans are to revisit this document every 6 (months) to adjust goals and dates given current accomplishments. If at any time during the duration of the mentoring contract one member of the mentoring pair does not feel like the other is able or willing to fulfill the items agreed to above, please contact Dr. Jelusich.

Integrative Chakra Therapy® (ICT), when taught as a class endeavor to a group, is composed of 22 course levels taught over a 2+ year period. The time duration is necessary for the student to fully integrate the teachings and practicum, and to successfully complete all testing, reflective practice logs and reflective practice assignments. Dr Jelusich or assigned instructor will determine the successful completion of Levels as they are taken by the mentee.



# MENTORING AGREEMENT

## Integrative Chakra Therapy®



ICT, as a mentee arrangement, is taught at a pace that is at the discretion of Richard Jelusich, Ph. D, and his instructor assignees according to the progress of the mentee. The foundation of the energy medicine / energy psychology of ICT is safety of the practitioner in learning and applying subtle energy techniques. Thus, it is up to Dr. Jelusich as to the progress of the mentee through the 22 levels of ICT. Dr. Jelusich and instructors reserve the right to cease instruction and terminate this agreement should they feel the student is not ready/able to continue further in the ICT program towards a certificate of completion or practitioner certificate.

Dates of course instruction/practice are to be agreed upon by mentor-and the mentee as needed, reviewing every six months.

**Fees:** Fees are inclusive of the levels themselves, meeting and practicing with mentee, and reviewing mentee assignments.

\$325 Cdn funds per month Classes, discourse and practice can also be by Zoom, as convenient.

This would cover the cost of each level and one full month of personal assistance not usually charged.

Timetable Example:

Month 1	Level 1 @ \$325 (3 hour class + 4x 1hr discourse)
Month 2	Level 2 @ \$325 (3 hour class + 4x 1hr discourse)
Month 3	review practice and follow-up assignments etc. (1x week x 4 wks.) @ \$325
Month 4	Level 3 @ \$325 (3 hour class + 4x 1 hr discourse)
Month 5	Level 3 @ \$325 (3 hour class + 4x 1 hr discourse)
Month 6	Discourse Discussion Review practice and follow up assignments – lv 3 one of the largest levels of knowledge for ICT (1x week x 4 wks.) @ \$325
Month 7	Level 4 (as above)
Month 8	Level 5 . . . and so on <b>*Note:</b> Levels 3 and 18 are large in course content and require more discussion and discourse.

Total program cost would be: \$10,075 (31 months [2.5 yrs.] at \$325 per month).  
Should you progress through the materials faster than the example time frame, the cost is less.

*(Note: Dollar amounts are the same for U.S. and Canada and paid in residential country currency, please note 5% GST is added in Canada)*

Cancellation policy: 24 hours advance notice required if you must change a scheduled session with your Mentor. There is a \$100 fee for cancellations within the 24-hour period.

Name of Mentee: \_\_\_\_\_

Mentor's Signature (may be electronic): \_\_\_\_\_ Date: \_\_\_\_\_

Name of Mentor: Deirdre Leighton

Mentor's Signature (may be electronic): \_\_\_\_\_ Date: \_\_\_\_\_



**SECTION 1: BASIC INFORMATION**

**MENTEE INFORMATION**

Name: First Last  
 Address:

Education Background:  
 Preferred Email:

Preferred Phone:

**MENTOR INFORMATION**

Name: **Deirdre Leighton**  
 Address:  
**5901 Parkway Drive Nanaimo BC V9V 1E7**

Preferred Email: [Deirdre.leighton@gmail.com](mailto:Deirdre.leighton@gmail.com) Cell: **403.651.1867** Office Phone: **250.585.4432**

**MENTORING REVISION PLAN:**

PLANNED UPDATE	ACTUAL UPDATE	MENTEE SIGNATURE	MENTOR SIGNATURE
MM/DD/YYYY	MM/DD/YYYY		

**MENTORING PLAN MEETING AND CONTACT SCHEDULE**

Mentor-mentee meeting frequency: To be determined mutually. Usually in a classroom setting the levels are taught every 3 months but may be shortened at the discretion of Mentor. There may not be too long of a period between meetings/practices/assignments.

Plan for scheduling these meetings: Meetings may be held in person and by Zoom Tele-conference. The length of each meeting to be determined by mentor and mentee. Typically, a Level of instruction includes a lecture and PowerPoint presentation, discourse and practice and will run several hours. Tele-conferencing can be exhausting; so, length will be at mentor's discretion.



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**SECTION 2: EDUCATIONAL GOALS**

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**I. LONG TERM GOAL STATEMENT:**

Please see the Course Outline for detailed information. The successful completion of ICT is to accomplish all 18 course Levels in the Course Outline, all tests and reflective practice forms and logs, and all practicum. Practicum is described as subtle energy healing work with Dr. Jelusich, instructors, graduates and fellow students, and work on the public. Depending on the progress of the mentee, it is possible to finish in less than 2 ½ years, the normal time for students in the classroom setting.

The long term goal can be:

1. Practitioner Certificate – requires all the above and carries the weight of Dr. Jelusich and Light News Institute, Inc.
2. Certificate of Completion – may take this track for personal spiritual development. It is not necessary to take the tests or reflective practice forms/logs, but the practicum is still required.

**II. SHORT TERM GOALS:**

6 MONTH Goal: Complete Levels 1, 2, 3, tests, practicum, and reflective practice forms/logs

1 YEAR Goal: Complete Levels 4 - 7, tests, practicum, and reflective practice forms/logs

18 MONTH Goal: Complete Levels 8 - 11, tests, practicum, and reflective practice forms/logs

2 YEAR Goal: Complete Levels 12 - 15, tests, practicum, and reflective practice forms/logs

2 1/2 YEAR Goal: Complete Levels 16 - 22, tests, practicum, and reflective practice forms/logs

*Note: According to mentee progress, this may be accomplished in a shorter amount of time.*

**III. CURRENT STUDY TRAJECTORY (Significance, Innovation, Approach, Broader Impacts):**

1. We will work at your pace, though there cannot be too long a lapse between levels.
2. Communication and follow-through are essential, so please complete your assignments/readings on time so we may progress.
3. After Levels 1 and 2, we will set a stride for you that is safe and honoring of your spiritual path and growth.
4. Each mentee is different, and the mentorship course is tailored to you.

**IV. FUTURE STUDY TRAJECTORY (Significance, Innovation, Approach, Broader Impacts):**

As the course progresses, you will notice changes in your abilities to assess, facilitate energy work and perceptions about course content and depth of learning. This is natural with spiritual growth and awakening.

We will modify the mentee agreement/goals as needed to keep you on a sacred and respectful path for you and your mentor.





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**SECTION 4: REFLECTIVE PRACTICES AND LOG**

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**I. REFLECTIVE PRACTICE FORMS**

There are 10 short forms and 1 detailed reflective practice required between levels. 90 short forms in all and 10 detailed forms. Reflective Practice forms will be provided to you.

**II. REFLECTIVE PRACTICE LOGS**

A total of at least 20 practice hours is required between levels. Logs are to be turned in to Mentor regularly. Reflective Practice Logs will be provided to you.



**SECTION 5: EVALUATION**

**I. Bi-annual Mentors evaluation of Mentee Progress**

Review of mentee's progress towards outlined milestones and course learning objectives (CLO's) will occur bi-annually; written evaluation will be prepared by mentor and shared with mentee and with Dr Jelusich. Although for classroom course, an evaluation is provided after Level 7, the mentee relationship will assure you of more frequent evaluations and assessments by mentor.

**Evaluation Date:** \_\_\_\_\_ **Evaluation Year:** \_\_\_\_\_

	<b>Meeting goals (Y/N; comments)</b>
1. Processing all information - practicing	
2. Understanding content – exams and writings	
3. Participating at events related to ICT	
4.	
5.	
6.	
7.	

**Evaluation Date:** \_\_\_\_\_ **Evaluation Year:** \_\_\_\_\_

	<b>Meeting goals (Y/N; comments)</b>
8.	
9.	
10.	
11.	
12.	
13.	
14.	



**Mentee Self-Assessment**

	All of the Time	A great deal of the time	A moderate amount of the time	Not very often	Never
I treated my mentor respectfully					
I undertook scheduling meetings as my responsibility					
I met my mentor when scheduled					
If I had to cancel a meeting I gave advance notice					
If I had to cancel a meeting I rescheduled promptly					
I was open in sharing personal experiences and information					
I made clear my expectations concerning confidentiality					
I respected differences in our values and perspectives					
I sought critical feedback					
I collaborated in establishing developmental priorities for partnership					
I was satisfied with the level of trust we achieved					
I did not resist considering alternatives that were out of my comfort zone					
I reflected on lessons learned even from efforts that were not successful					
I devoted an optimum amount of time to our partnership					
I maintained continuity of discussions of our priorities					
I reflected on suggested solutions rather than suggesting solutions					
I enabled learning more than I taught					
I offered alternatives to achieve desired professional development					
I was committed to our partnership's success					





**II. Evaluation of Mentor**

Each mentee will fill out an anonymous evaluation of their mentors on an annual basis; data from multiple mentees will be reviewed and the general principles will be shared with all mentors at regular intervals in order to provide constructive feedback while protecting trainee anonymity.

	All of the Time	A great deal of the time	A moderate amount of the time	Not very often	Never
Did your mentor make him/herself available to you?					
Did your mentor respond to you in a timely fashion?					
Did your mentor address your concerns?					
Was your mentor flexible?					
Did your mentor treat you in collegial fashion?					
Did your mentor treat you respectfully?					
Was your mentor well organized?					
Was your mentor well prepared?					
Did your mentor realistically conceptualize the mentoring experience?					
Did your mentor direct you to appropriate reading material?					
Did your mentor direct you to appropriate professionals?					
Did your mentor direct you to appropriate workshops?					
Do you believe your mentor provided a positive learning experience?					

**Comments:**

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**Suggestions:**

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