

ICEBERG

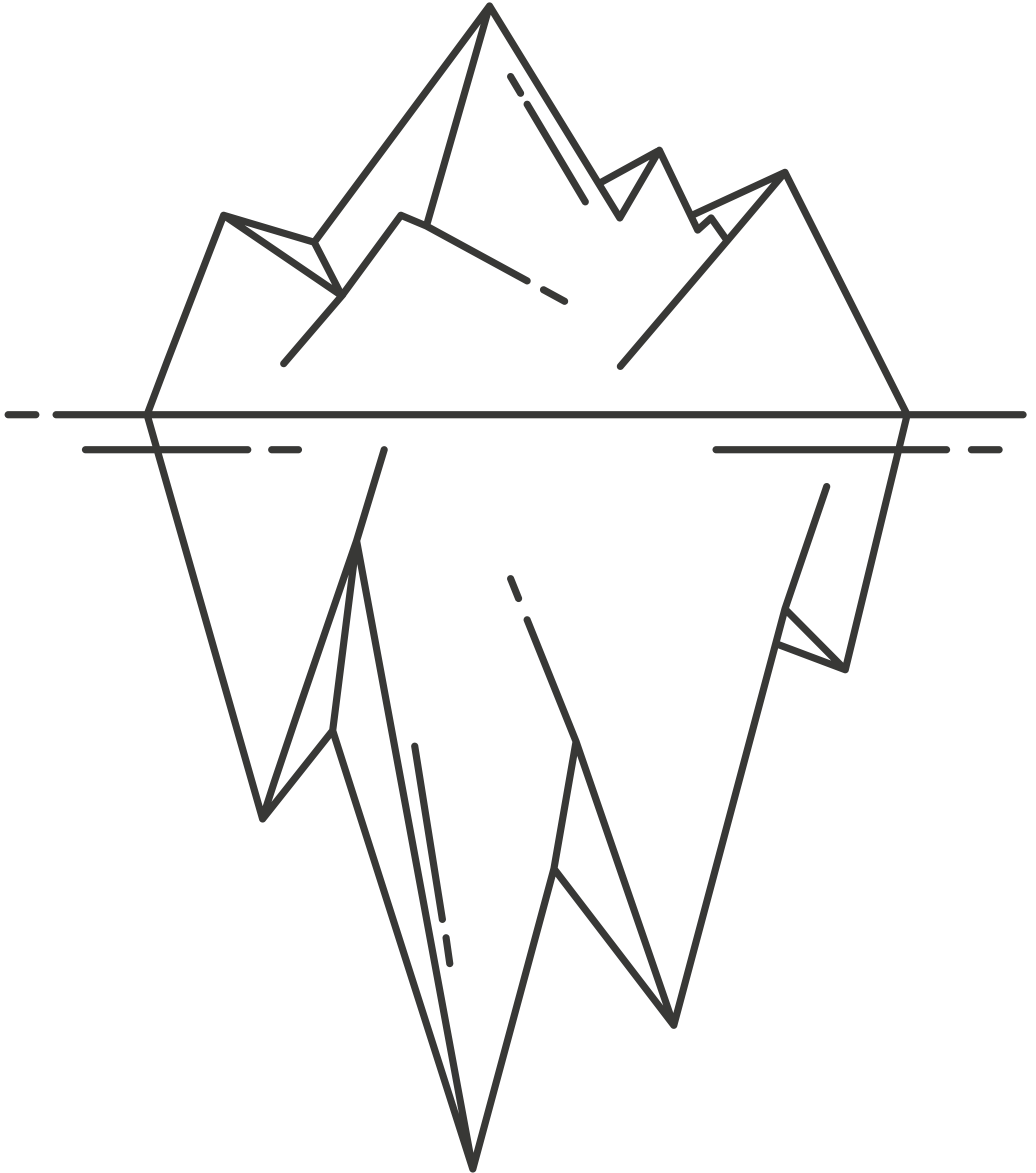
LEADER DIRECTIONS:

- Ask your mentee to fill in the lines next to the iceberg
- Discuss - Use the example questions below as a guide to start a conversation
 - What is something you listed that you wish more people knew about you?
 - Who in your life can you trust to share some of these things with?
 - How does it make you feel to consider talking to someone about some of these things?
- Encourage - Reassure your mentee that it's normal, good even, that there are things about everyone and what they're going through that not many people know. However, we aren't meant to go through these things alone. Keeping things entirely to yourself can lead to feelings of isolation and anxiety. Finding trusted people to share what's beneath the surface of your life can provide a sense of relief.

ICEBERG

What most people know about me:

What not many people
know about me:



What no one knows about me (if you feel comfortable writing it):