

What is Ishar?

Ishar Multicultural Women's Health Services, based in Mirrabooka, provides a range of holistic services to women from all walks of life and cultural backgrounds.

Since 1992, Ishar has provided vital services for approximately 4600 women from over 100 ethnicities making over 50,000 service contacts.

Ishar focuses on the healing of lifestyle related problems that detrimentally affect the health and well-being of women of all ages, particularly those from culturally and linguistically diverse backgrounds.

Women are provided with information, advice, counselling, training and/or support so that they are empowered to deal with the problems themselves, or they are referred on to another agency for specialised assistance.

Ishar believes that women are the centre of the community: if the women are empowered this has a systemic effect on families and community.

Find out more at www.ishar.org.au"

The Zonta Club of Perth was founded in 1972 and was the first to be established in Western Australia.

The Club also founded Australia's first university-based Golden Z Club at St Catherine's College, University of WA and the State's first school-based Z Club at Shenton College.

Dinner meetings are held on the second Thursday of each month* at St Catherine's College, UWA
**except January*

If you would like to know more about our club please check us out at:

www.zontaperth.org.au

If you like what you see, contact us at:

zontaperth@gmail.com

We look forward to hearing from you.



ZONTA
CLUB OF
PERTH INC

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY



**How you can
create new opportunities
by mentoring others.**

The Zonta Club of Perth is your local international human rights organisation committed to empowering women and girls worldwide through service and advocacy.

www.zontaperth.org.au

The Zonta Club of Perth partners with Ishar to help women settle into the Australian way of life. The following guidelines are for those Zontians and non-Zontians contemplating mentoring one of the women who attends the Ishar therapeutic support group.

The goal of the mentoring relationship is to provide support to the mentee to achieve their goal of entering the workforce, enrolling into a study program and/or improving their English.

The Role

- To provide support and guidance
- To be a resource and sounding board
- To be a role model and motivator

Qualities of an effective mentor

- Good listening skills
- Non-judgmental and patient
- Trustworthy and reliable
- Respects and values differences of culture
- Looks for solutions rather than barriers
- Respects the mentee's right to make choices



Initial meeting

- Focus on building a rapport and friendliness
- Be conscious of body language
- Be genuine
- Ask open-ended questions
- Stick to “safe” subjects that don’t raise areas of likely traumatic memories
- Stick to plain English and straight-forward questions

Setting boundaries

- *Confidentiality* – what is shared should remain confidential between the mentor and mentee
- *Contact/meet up* – initially can meet at Ishar or at a neutral location e.g. a coffee shop. If you cannot meet up then agree on another method of **two-way contact**, such as Zoom or Whats’ App.
- *Time and day* – to be mutually decided (maybe 30 minutes) but on a regular basis (at least monthly)
- *Money* – no money should be exchanged or items paid for by mentor as this could encourage dependence (rather than autonomy) and create inequity
- *Time-frame of mentoring relationship* –to be discussed with mentee -**suggest initially 6 months** and can be extended based on mutual agreement

Records

It is recommended that mentors **keep records of meetings** with their mentees and forward the dates, times and topic of discussion (but not the content) to the chair of the S&A committee. This information will be used to continually improve the mentoring experience for all parties.