

Constellation of Support

A workshop series open to all DU faculty, staff, and graduate students

Being a Strong Mentor

Diving into the world of mentorship

January 21st | 2-3pm

January 26th | 11am-12pm

Compassion, Care, and Hard Realities

How can we care for others without burning out?

January 29th | 11am-12pm

February 4th | 1-2pm

Curious and Connected

Reflective Practices for Stronger Mentoring Relationships

February 10th | 11am-12pm

February 16th | 2-3pm

Leading with Empathy

February 19th | 10-11am

February 23rd | 1-2pm

Coaching Around Goal Setting

Helping Students Clarify Purpose and Chart Their Path

March 3rd | 11am-12:30pm

March 9th | 1-2:30pm

Register
Here!



4D Experience
UNIVERSITY OF DENVER

Constellation of Support

Being a Strong Mentor

Diving into the world of mentorship

In pursuit of a community of support and genuine care, DU is a place where we encourage impactful relationships and moments of mentorship. Join this session to learn more about what we mean when we discuss mentorship. Attendees can expect to leave with an understanding of frameworks, approaches, and mindsets to help them in their journey as both a mentor and a lifelong mentee.

Compassion, Care, and Hard Realities

How can we care for others without burning out?

We want to support our colleagues and students. But how do we do that while balancing the realities of life and work? A commitment to care and compassion can seem simple, but in the day to day it can become quite complex, especially in making sure we don't overextend and burnout. In this discussion-based session, we'll overview and discuss ideas like creating boundaries, balancing compassion with busy schedules, and how we can embody compassion and care without sacrificing our own well-being.

Curious and Connected

Reflective Practices for Stronger Mentoring Relationships

Mentorship is most effective when it nurtures growth, connection, and agency for both mentor and mentee. This workshop offers reflective techniques for three core dimensions of wellbeing identified by Martela et al. (2023): autonomy (choice and agency), competence (growth and accomplishment), and relatedness (connection and support). Participants will engage in guided reflection to consider mentoring experiences through these lenses. The session will offer practical strategies for integrating reflection into ongoing mentoring conversations, while fostering clarity, growth, and meaningful connection among mentors.



Constellation of Support

Leading with Empathy

Empathetic leadership is a style of leading that prioritizes understanding people's experiences, emotions, and motivations. It goes beyond being "nice" and instead focuses on active listening, curiosity, and human-centered decision making. Leaders who practice empathy create environments where people feel valued, safe, and supported, which strengthens trust, collaboration, and performance. At its core, empathetic leadership is about recognizing the whole person behind the work and responding in ways that foster connection, clarity, and shared purpose.

Coaching Around Goal Setting Helping Students Clarify Purpose and Chart Their Path

Discover practical coaching tools that elevate your mentoring conversations. This session introduces a purpose driven approach to goal setting, helping you support students in aligning their personal, academic, and career aspirations—and in tracking their growth through reflective dialogue. Participants will practice coaching strategies and leave with practical questions and techniques they can apply immediately in mentoring relationships.