

# COMMAND CAFÉ

January 2022 - National Mentoring Month

Join us as we continue to enjoy and educate ourselves through a diverse assortment of literature, media, art, film, music and more. The intent of the Command Café is to help further develop an awareness and understanding of diverse and inclusive topics within our unique community.

Each month the Command Café features a new theme or focus that highlights a particular group, topic or perspective, so make sure to check out previous Command Cafés by visiting <https://www.usfk.mil/Strength-in-Diversity/>

## WHAT ARE WE...

### Strength in Diversity Mentorship Playlist

The following videos help to provide a foundation on mentorship:

- How to be a Great Mentor | Kenneth Ortiz
- Science of Mentorship | Shawn Blanchard
- Why the power of Mentoring can Change the World | Shirley Liu
- Mentors: through research, in practice and on reality TV | Kimberly Griffin

## WATCHING



## LISTENING



### Mentors for Military Podcast

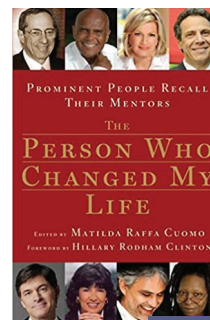
Hosted by Robert Gowen, a retired U.S. Army Master Sergeant, Mentors for Military is a podcast where Robert has conversations one-on-one with veterans and others about transitioning into the private sector, combat, leadership, resiliency, adversity, fear and more.

### The Person who Changed my Life

Prominent People Recall their Mentors  
edited by Matilda Raffa Cuomo

Everyone has that influential person in their lives that helped shape who they are today. Read as public figures talk about their mentors - individuals whose advice, guidance and example made a difference in their lives.

## READING



Ask your local installation library about this title!