LIFE SHADOWING

A Better Way to Be Mentored

A relational mentoring approach that supports people as they navigate life decisions, transitions, and personal growth.

WHY LIFE SHADOWING EXISTS

Many emerging professionals are navigating career choices, relationships, responsibility, and identity without consistent, trusted support. CARES Life Shadowing offers a continuing relationship built on listening, Consideration, reflection, and accountability. The Life Shadower walks *alongside* the participant rather than directing their life or prescribing answers.

TWO CONNECTED PROGRAM PATHWAYS

01 RECEIVE LIFE SHADOWING

For participants: ongoing, individualized support to examine choices, navigate transitions, practice communication, and follow through on goals.

The participant retains ownership of decisions.

02 BECOME A LIFE SHADOWER

For prospective helpers: preparation in relational presence, Consideration, listening, boundaries, and supporting agency without taking control.

Preparation and scope are set by CARES.

WHAT PARTICIPANTS CAN WORK ON

DECISION CLARITY

Identify values, options, and next steps.

RELATIONSHIPS

Practice listening, conflict reflection, and self-advocacy.

LIFE TRANSITIONS

Navigate work, education, responsibilities, and change.

ACCOUNTABILITY

Turn personal insight into realistic follow-through.

CARES principle: Consideration is “The conscious regard for the needs, values, and dignity of others, especially when making decisions.” Life Shadowing practices this identity through presence, not control.

A partnership for sustained personal growth

Life Shadowing can complement a college, nonprofit, workforce, faith-community, or community-based support initiative. Primary participant focus: **adults approximately ages 20-40**. Matching, availability, confidentiality, and the level of support are defined before an engagement begins.

POSSIBLE SERVICE CADENCE

2x / MONTH	4x / MONTH	8x / MONTH
Lighter-touch support	Regular guided reflection	More frequent check-ins

WHAT A DECISION-MAKER IS FUNDING

Depending on the pathway selected, a proposal may cover **participant intake and matching, scheduled support contacts, Life Shadower preparation, materials, coordination, safeguarding arrangements, and follow-up**. Contact frequency and format are agreed with the participant and partner; final deliverables are confirmed in writing.

INTENDED OUTCOMES & HOW TO ASSESS VALUE

The program aims to strengthen **decision confidence, self-advocacy, relational skills, accountability, and connection to support**. An approved partner could monitor participation, goal identification, participant feedback, and self-reported progress, with privacy protections and consent. These are intended outcomes, not guaranteed results.

PARTNER ROLES & NECESSARY SAFEGUARDS

CARES ROLE

- Define program fit and scope
- Provide or prepare Life Shadowers
- Clarify contact cadence and boundaries
- Review agreed nonclinical outcomes

HOST / SPONSOR ROLE

- Identify eligible, willing participants
- Provide a liaison and referral process
- Support scheduling and accessibility
- Confirm budget and evaluation needs

PROFESSIONAL BOUNDARY

Life Shadowing is not psychotherapy, crisis care, legal advice, or case management. Participation requires consent, clear confidentiality limits, appropriate boundaries, and referral when needs exceed the agreed scope.

INVESTMENT & NEXT STEP

Fees are **customized** to pathway, participant count, contact frequency, and duration. Potential funding includes participant fees, partner budgets, transition-focused grants, and sponsors. Request a written scope and budget; no standard fee is represented.

NEXT STEP • Request a partner conversation: careslp.org/contact/