



## March - Mentors are Amazing!



Having a mentor can be an amazing thing. However, I did not realize how amazing it truly was until I realized that meeting them changed my life in a meaningful way. Meeting my mentors was a surprise, because it wasn't planned, it just happened.

My mentors were two brothers. They were hard-working young guys, entrepreneurs that were starting up their own business, setting their lives in motion and I was there to watch it all happen. It is something I will never forget. I met them when I was in University, in a much bigger city than I was used to. Being a few years older than me, they took me under their wings, like a little sister, they taught me which parts of the city were good (and not good), they told me who to watch out for, they treated me with respect - like family.

Just being in their presence, listening to them, watching their daily activities, seeing their lifestyle habits, observing how they interacted and treated others, witnessing their dedication, perseverance, drive and genuine authentic selves, influenced me every day and I did not even know it. They probably didn't even know it either.

What I learned from them is priceless! They taught me more than I can even tell you. However, I will share three little things they taught me ...

- 1.** The older brother taught me, "Never say never, because you just never know."
- 2.** The younger brother taught me, "Do not make a promise you cannot keep."
- 3.** Both brothers taught me to 'Train for life'. Do not 'work-out' for a specific event/competition or for a certain sport. Eat well, treat your body well, exercise and train for LIFE.

These three things have stuck to me like glue, and are the main reasons why I am in the job I am in today.

Mentors are amazing. They have the power to influence someone else's life path, to ignite an internal fire in someone else's spirit and soul, which can inspire and motivate that person forever.

If you wish to become a Mentor, check out our new MVP+ 'Perspectives' Mentorship program and watch for our upcoming 'Perspectives' Mentorship podcast where YOU the Veteran can inspire and motivate others. Amazing!

**Until next time,**

**Kerri**

**Don't forget to join the private MVP+ Facebook Group!**



# **PERSPECTIVES**

MENTORSHIP PROGRAM  
PROGRAMME DE MENTORAT



## **BECOME A MENTOR OR MENTEE DEVENIR MENTOR OU MENTORÉ**

SHARING WITH OTHERS IS THE BEST WAY  
TO LEARN ABOUT YOURSELF AND MAKE A  
DIFFERENCE IN SOMEONE ELSE'S LIFE

PARTAGER AVEC LES AUTRES EST LE  
MEILLEUR MOYEN D'APPRENDRE À SE  
CONNAÎTRE ET DE FAIRE UNE DIFFÉRENCE  
DANS LA VIE D'UNE AUTRE PERSONNE

The MVP+ Mentorship Program provides opportunities and growth for both mentor and mentee.

Eligibility: Mentor - Veteran | Mentee - Currently serving CAF member

Le programme de mentorat Anciens Combattants Plus offre des possibilités et  
une croissance à la fois aux mentors et aux mentorés.

Éligibilité : mentor - vétéran | mentoré - membre actif des FAC

**APPLY TODAY! / POSTULEZ AUJOURD'HUI !**

### **CONTACT/CONTACTER :**

KERRI HOLLYWOOD  
MVP+ AMBASSADOR/AMBASSADRICE  
HOLLYWOOD.KERRI@CFMWS.COM  
613-541-5010 X 3996

**CFMWS.CA/KINGSTON/MVP-PROGRAM**

MORE INFO  
PLUS D'INFO



## **March is Nutrition Month**

This year, Health Promotion  
Kingston's theme is "You're The  
Chef." Join us every Friday in  
March by registering for Mission:  
Nutrition.... [Read More](#)

# Contest

Let us know if you prefer to participate in the 'Mentorship Program' or the 'Mentorship Podcast' and you could win a prize.

[Begin](#)

\*\*Contest only allows for those participating to win once each fiscal year.\*\*

**Congrats to last month's winner, C Rivard!!**

## **MVP+**

11 Navy Way, Kingston  
Ontario K7K 7B4 Canada

You received this email because you signed up to receive our monthly eNewsletter.

[Unsubscribe me](#)

