

# ***Peak Performers Mentoring***



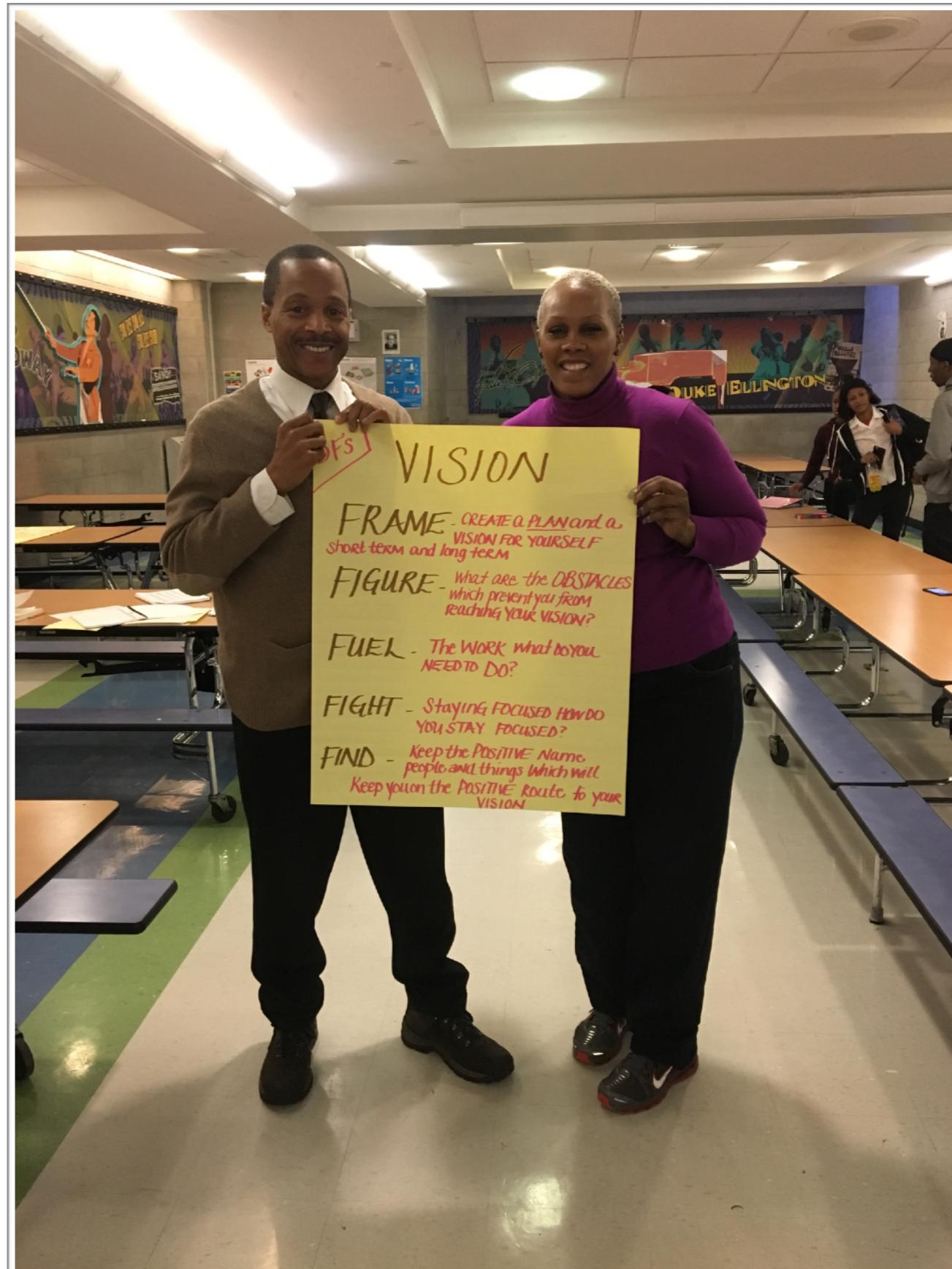
***Structured Youth Mentoring  
Through Principle-Driven Soft Skills***



Joseph Holland (fourth from left), PP Mentoring creator, with some of the students from Thurgood Marshall Academy, a public high school in Harlem, who participated in structured group mentoring led by Holland at the school during the 2016-17 academic year.

# Peak Performers Mentoring Overview

Peak Performers Mentoring ("PP Mentoring") is structured youth mentoring based on a curriculum of inspirational values and principles. PP Mentoring stems from *The Touchstone Tools* ("TTT" - [touchstonetools.com](http://touchstonetools.com)), inspirational life skills developed by Joseph Holland over the past quarter-century rising from a homeless shelter he founded in Harlem. PP Mentoring is curriculum-based; it doesn't provide mentors but offers tools that equip students with the soft skills to handle the non-academic issues that operate as potential distractions/barriers to their personal progress and academic success. These soft skills are the ten inspirational tools of TTT: responsibility, vision, self-esteem, discipline, association, planning, work, wealth, love and faith. The PP Mentoring tools are more than moral precepts; they are strategically designed to make values and principles foundational in a young person's life. These motivational, practical life skills are best imparted through a structured mentoring relationship - one-on-one or group. The PP Mentoring curriculum can be adapted into an existing mentoring program or utilized to launch a new one. Reading the TTT Book while following the question-and-answer format of the PP Mentoring curriculum will challenge both the mentor(s) and the mentee(s) to dig beneath superficial assessments and help the mentee build those a system of values that leads to high performance and long-term success. The goal of PP Mentoring is to empower students to not only perform better in the classroom but to lead exemplary lives. Consequently, they gain the understanding and the inspiration to become peak performers, earning higher grades, achieving better test scores, attaining greater self-confidence and gaining hope for the future.



After discussion in small groups, Holland and TMA teacher Angela Young display the Vision Tool principles designed to help students with goal-setting.

# The Ten Touchstone Tools of PP Mentoring

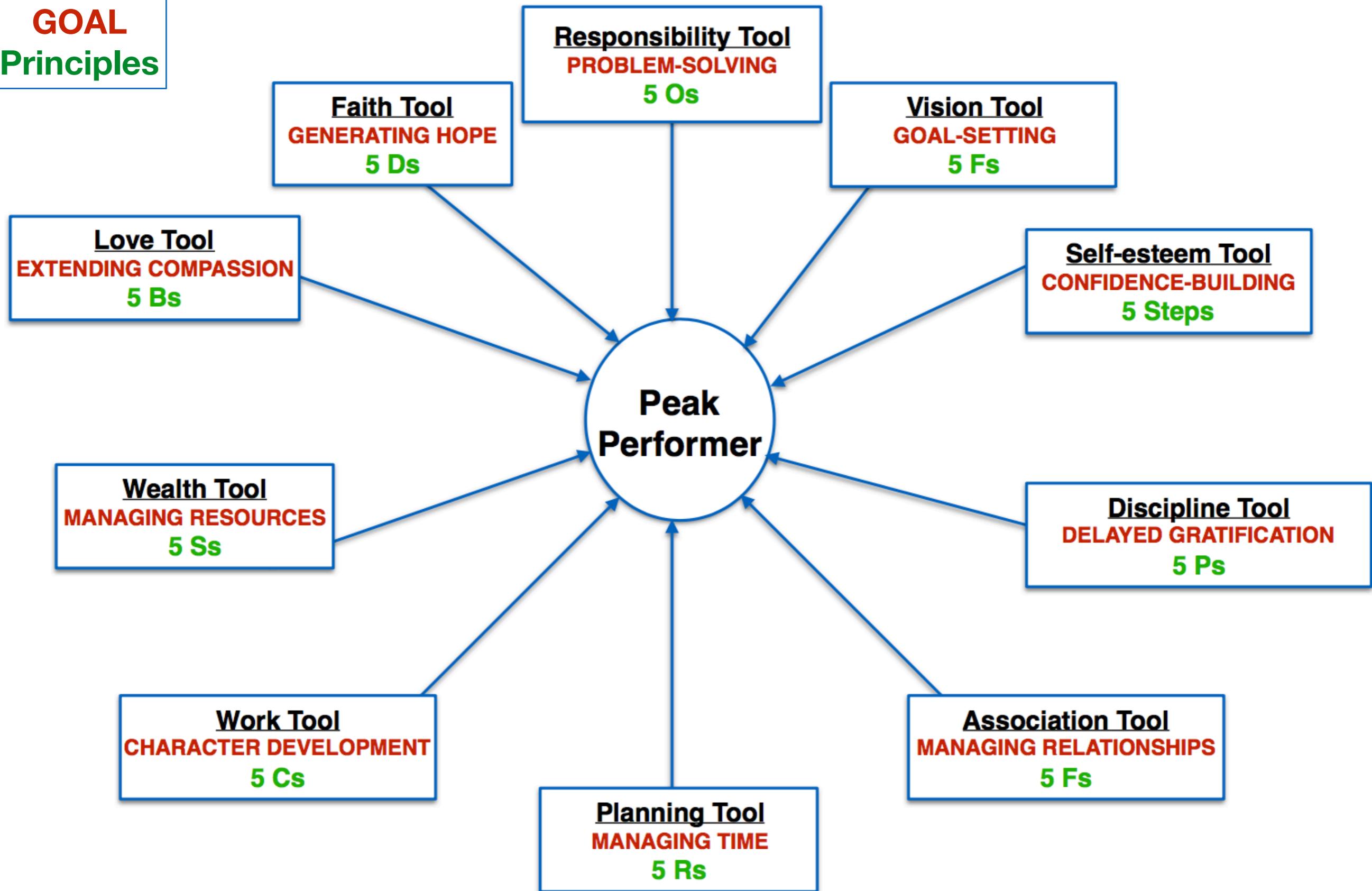
*If my only tool is a hammer, then all my problems will look like nails*

- Mark Twain

Theme

**GOAL**

**Principles**



# PP Mentoring Holistic Strategy

Teachers focus on the right side of the moral equation - academic.

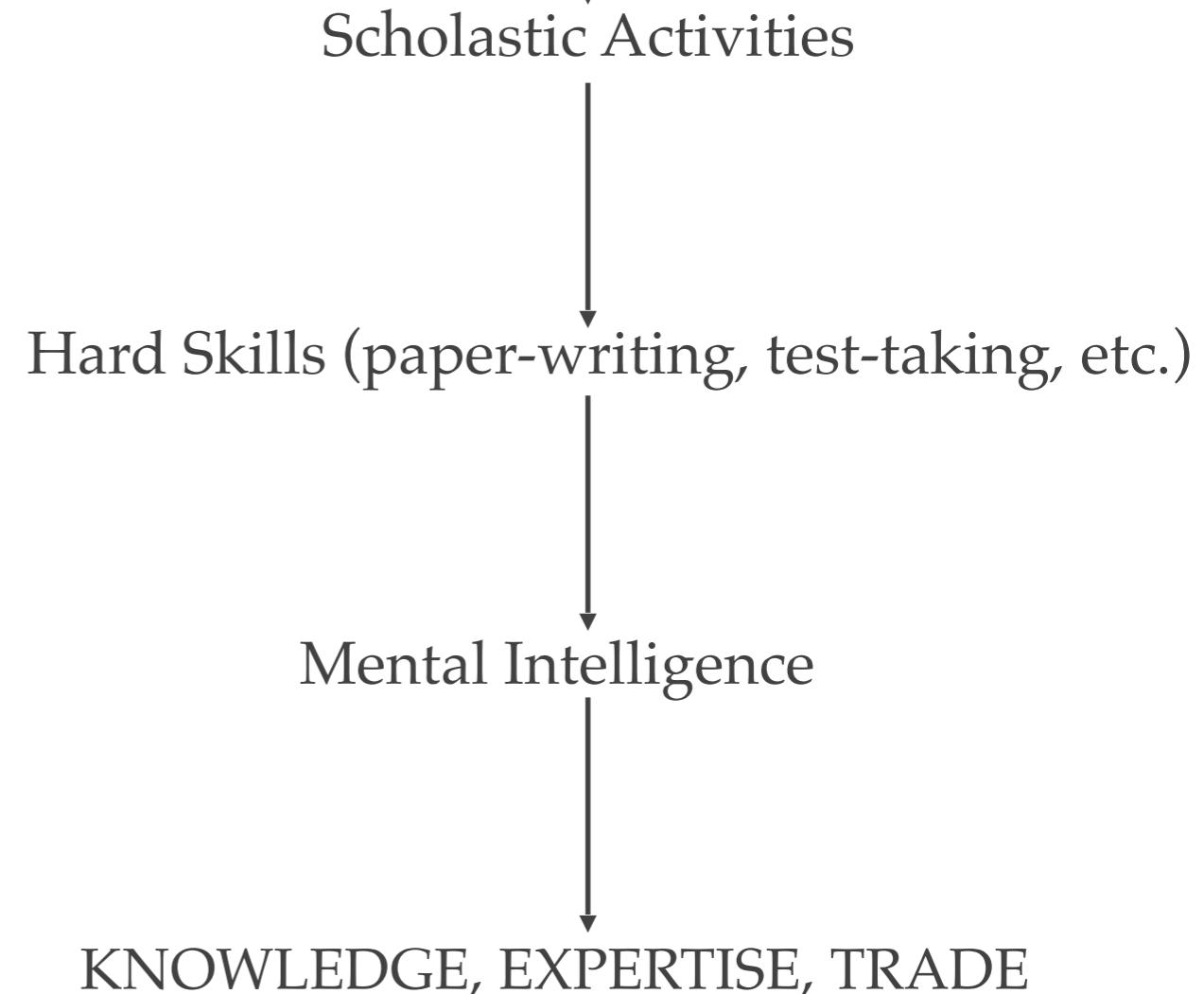
Mentors focus on the left side of the moral equation - non-academic.

The balance of mutually reinforcing academic and non-academic activities equals higher levels of performance.

Toolbox Study



Academic Study



PEAK PERFORMER

# HOW PP MENTORING WORKS

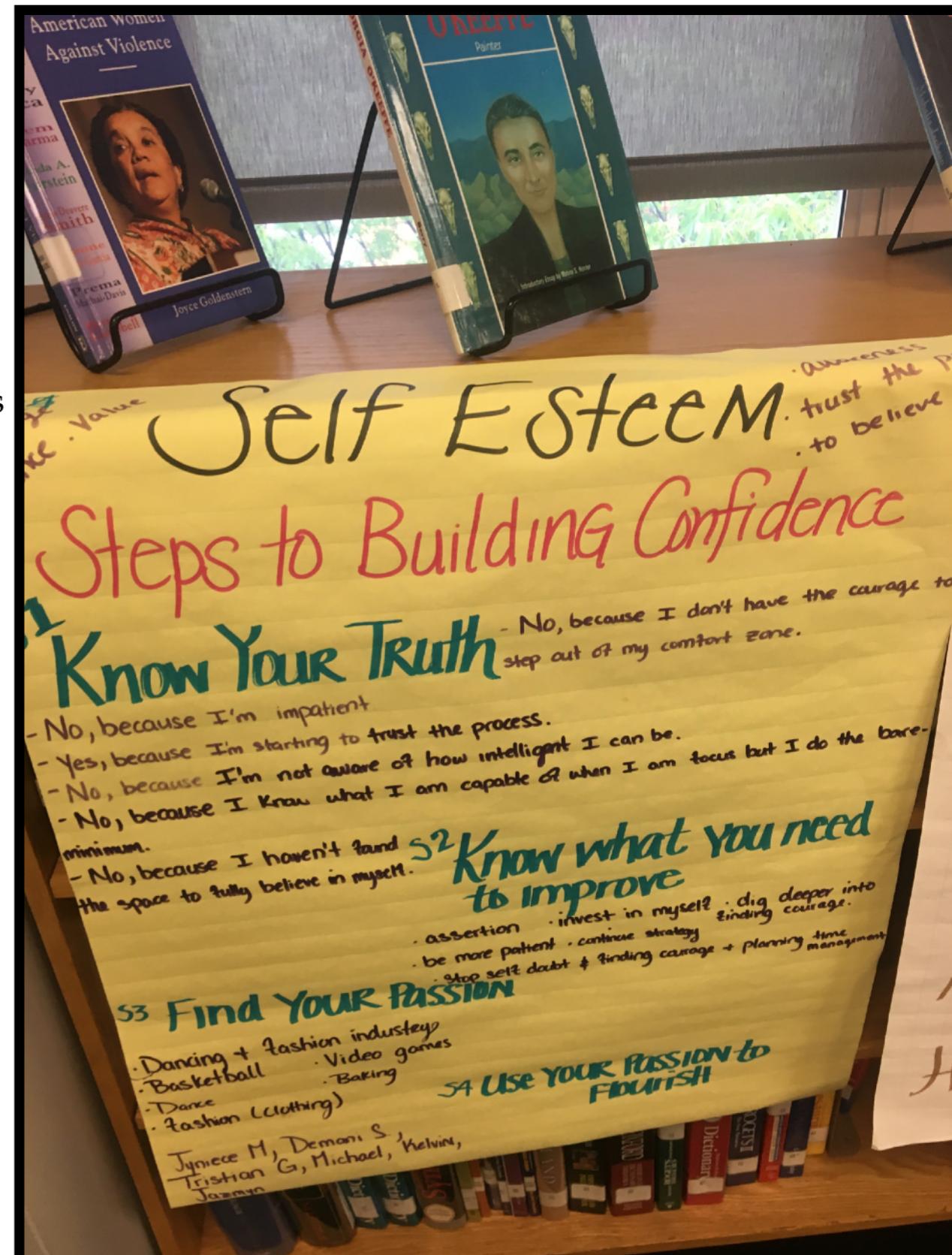
CLEAR OBJECTIVE: Create a rigorous environment in which the mentors and mentees utilize inspirational soft skills to transform the students into peak performers with greater self-confidence and better academic performance.

PRINCIPLE-DRIVEN CONTENT: Before each meeting, mentors and mentees read one chapter of *The Touchstone Tools: Building Your Way To An Inspired Life*, which creates the context for their discussion of a particular set of principles. Reflections - assignments in the Student Workbook which are optional - elaborate and reinforce the principles.

FOCUSED DISCUSSIONS: Guided by the curriculum materials in the Leader's Guide, mentors discuss with mentees the soft skills related to one of ten tools in each of their meetings, helping the students understand what personal application of soft skills is all about and the difference it can make.

ACCOUNTABILITY STRUCTURE: Mentees understand that mentors will encourage them to apply the soft skills in their daily lives and hold them accountable for doing so.

FLEXIBLE FORMAT: The PP Mentoring curriculum works either through one-on-one or group mentoring. Whichever the format, the process should be regular. For example, the one-on-one or group mentoring meetings could be once a month, once a week or some interval in between. Regular meetings - especially over the first year - establish a structure of high expectations, paving the way for peak performance.



Responses from students recorded during a PP Mentoring meeting on the Self-Esteem Tool, posted in Thurgood Marshall Academy library to inspire others.

# PP Mentoring Student Testimonials

*PPP is a great opportunity to try and improve yourself as a person. I learned a large amount in such a short time, and the content was very dense but doable.*

*This program is very useful. It teaches you life skills and tips that aren't taught elsewhere. By being exposed to these things at an earlier age, you'll be more prepared to take on the challenges of life and become more successful.*

*I learned to help others more and stop being so selfish with only trying to get what I want, and building myself to others visions and goals.*

*It really opened my mind to where I'm going to see myself in the future.*

*I have been limiting my friendship with some people who wold have a negative effect on my life. I have been time managing myself and planning what important.*

*I enjoyed the end of the chapter when we wrote on the poster. I also enjoyed the movies we watched to help connect.*

*I changed my way of thinking because I know what I want in the future and I take opportunities more seriously now.*

*Being a better leader.*

*The Association Tool made me come closer to my friends.*

*I feel their is a lot to learn. . . . You will experience things that will help you grow. . . . I think this can help anyone. This can really change the way you work and think of my action.*

*I enjoyed us working together and then presenting our work so others can see how our classmates think.*

*It allowed me to write out steps for my action plan.*

*I like how it made me think about my life. I learn many things about my attitude.*

*I learned a lot of life lessons, and it changed my train of thought.*

# PP Mentoring Teacher Testimonials

*The best part of the program was the "utilization of the tools". Students simply did not "read" about the Tools but we "USED" the tools - TOOLS IN ACTION. . . . The most significant thing I feel students learned from the program is a better realization of their abilities as a student and what they can contribute to the world. . . . I loved the book! . . . I believe the Tools are excellent in helping students realize their optimal potential. . . . Each week students looked forward to the lessons. It was my hope the students incorporated the principles learned from each lesson into their daily lives.*

— Angela Young, College Prep Teacher

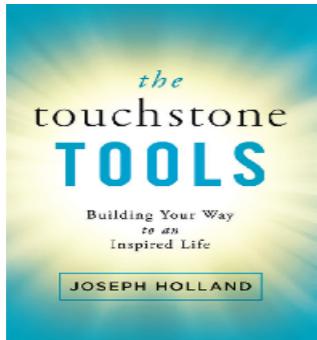
*The discussions were the best part of the program. The fields trips were an added bonus. . . . The students were engaged and they enjoyed the program. . . . They learned how to apply these tools to their every day lives.*

— John Johnson, Math Teacher; Brothers On A New Direction ("BOND"), Facilitator

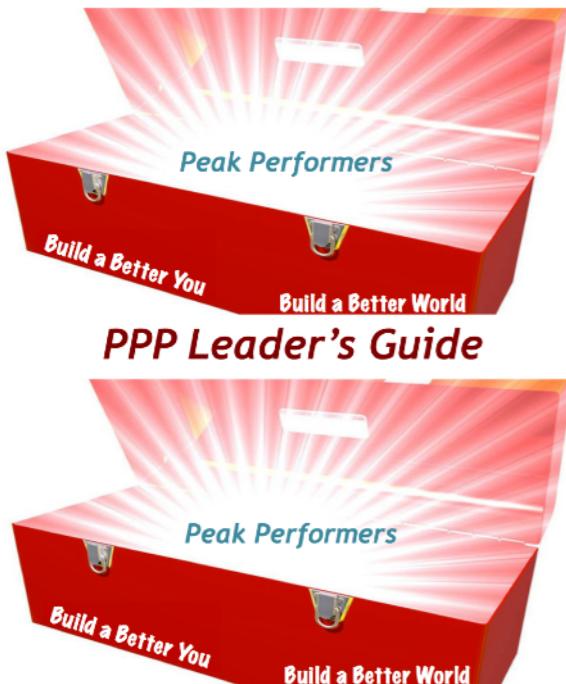


Students from Thurgood Marshall Academy during a group mentoring session held at a Harlem business not far from their school

# PP Mentoring Products & Services



*The Touchstone Tools: Building Your Way to an Inspired Life*  
Inspirational self-help book  
\$15



***PPP Leader's Guide***  
Contains guidelines and materials for PPP Facilitators  
***Leader's Guide & Workbook sold together***  
\$97.95  
Sold as e-books with license to make copies for participants



## *PPP Training*

Full-day Training Workshop  
\$149.95 per person / 10 person minimum



*Coaching*  
One-on-One - individual sessions with Joseph Holland on PPI  
Coaching available pursuant to application & interview

# ***The Touchstone Tools***

## **Biographical Info**

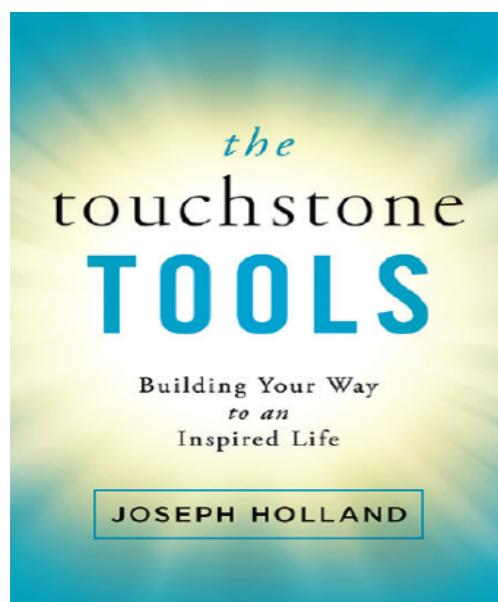


**Joseph H. Holland** is a Harlem-based writer, attorney, entrepreneur, civic leader and ordained minister with three decades of experience building institutions that serve the community. Holland's inspirational self-help book, "The Touchstones Tools" and his spiritual memoir, "From Harlem With Love: An Ivy Leaguer's Inner-City Odyssey" have been well reviewed. Holland conceived and produced a motivational, self-help video series stemming from his work at a Harlem-based homeless shelter that he founded and operated for a dozen years. Holland also served as New York State Housing Commissioner where he orchestrated the planning and funding of hundreds of units of affordable housing in various locations across New York State. A graduate of Cornell University, where he earned a B.A. (1978) and M.A. (1979) and was an All-American and an Academic All-America football player, Holland has served as a member of the University's Board of Trustees since 1988. He holds his J.D. degree from Harvard Law School (1982).<sup>90</sup>

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