



HEART & MIND... SHAPES THE FUTURE

Empowering ASTRA, Through
Compassion and Strategy

Our Purpose

Equip Altrusa members with actionable ways to mentor, empower, and support ASTRA students —through compassion and education as fundamental pillars for positive change.



Mentor
with Purpose



Inspire
Growth



Balance
Heart & Mind

Sort your Values



FROM THE HEART:

Reflects emotional connection, compassion, and personal encouragement.



FROM THE MIND:

Reflects planning, structure, and strategic guidance.

Are we creating balance? Are we offering both emotional support and practical tools when mentoring ASTRA?

Empathy
Belief
Compassion
Non-judgmental
Trust

Goal Setting
Critical Thinking
Problem Solving
Skills
Strategy

Time
Management
Guidance
Opportunity
Growth
Resources

Encouragement
Empowerment
Inspiration
Nurture
Kindness

Mentoring Style Corners

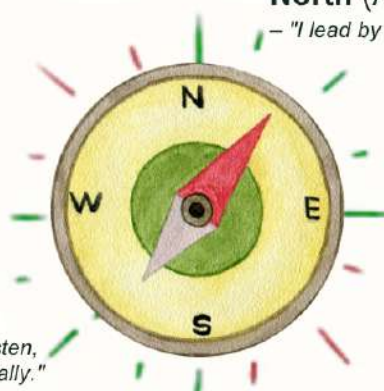
Reflect on your natural mentoring styles and consider how to integrate heart and mind approaches when supporting ASTRA.

West (Reflection)

– "I analyze and plan. I help others think through decisions."

South (Emotion)

– "I connect through feeling. I listen, empathize, and support emotionally."



North (Action)

– "I lead by doing. I jump in to help solve problems."

East (Ideas)

– "I bring new perspectives. I encourage vision, creativity, and inspiration."

Let's Reflect

Altrusa's growth depends on how well we invest in the growth of the next generation of leaders...ASTRA members.

The power of

Love, Literacy, and Legacy

will ensure that both ASTRA and Altrusa continue to thrive in their mission of service.

When we listen deeply, encourage authentically, and share what we know, we don't just support students—we light the way for them.

Let's be intentional in the ways we empower our youth—with wisdom, compassion, and unwavering belief in their potential.