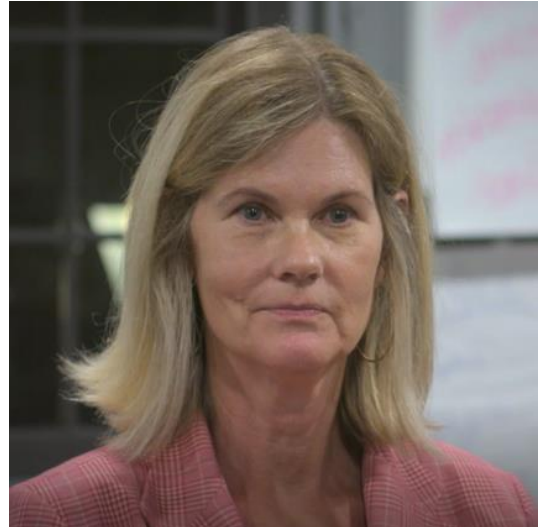


Future Leaders Academy – Mentorship Feature

Oct 2022



Future Leaders Academy Update

Meet Jasmine Heikkila and Kris Petersen

United by small town roots, this mentorship pair has reached cruising altitude with the skills to navigate both cloudy and clear skies ahead.

Our Future Leader, Jasmine Heikkila is wasting no time pursuing her ambitions. As an 18-year-old living in a small, northern Minnesota town, Jasmine has nearly completed her Associate of Arts degree at a local community college. She's also attending flight school and working toward her private pilot's license — the first step to a future career in commercial aviation. Jasmine's values are independence, family,

friendships, happiness, and education

Jasmine's mentor, Kris Petersen, is an executive coach, trainer, and speaker. Kris was raised in a small town and uniquely understands Jasmine's desire to experience more of the world. The two also share a passion for making pottery. Kris' values are health, happiness, integrity, meaningful work, and relationships.

For Jasmine, Kris also serves as an example of what's possible. "Because she's from such a small town and has done so much with her life and her work, it's a positive thing, like 'I can do that, too,'" says Jasmine. "She's very curious and I see myself in that," says Kris. "Knowing what I know I can encourage her to keep going."

One of the things Jasmine values most from her Future Leaders Academy training is learning about goal setting. "Being able to write down my goals and see what steps I need to take to accomplish them has really helped me," says Jasmine. "Without this program I don't think I would be at the same spot I am now — focused on my goals and getting stuff done."

Jasmine's first goal is getting her private pilot's license. The process involves taking a written test and a practical test, flying with an examiner. "I've taken my written test and passed, so I'm just waiting to take my practical test. If I pass that I'll have my license." says Jasmine.

Her second goal is to choose a school to go to next year where she can earn her commercial pilot's license. Right now, she's considering the University of North Dakota and Arizona.

Values-driven Mentorship

Jasmine's Values

Independence

Family

Kris's Values

Health

Happiness

Friendships

Happiness

Education

Integrity

Meaningful Work

Relationships

Jasmine's third goal focuses on building her leadership skills and managing conflict at the restaurant where she's the lead server. "I've been working on being able to handle different difficult situations at work," says Jasmine. One of the tools from her Future Leaders Academy training that she uses almost every day is the "Freeze Exercise." "I'll just think about what's going on, what can I do about it, how it affects me, and who does it affect," she says. "I think about what I can do to make this situation better. It helps me deal with the it and doesn't ruin my day now."

As Jasmine works toward her goals, Kris admits to feeling unsure of her role. "Jasmine is so disciplined and so motivated, which is awesome," says Kris. "But I didn't know if I was of value to her because she was always coming to the meetings so prepared. We talked about it, and she let me know, 'You are valuable because you hold me accountable.'"

In addition to encouraging Jasmine's accountability, Kris will also seek out ways to expand her comfort zone and enjoy their time together. "I hope to encourage her to do some things that might be uncomfortable for her own personal development as well as have some fun with her along the way," says Kris.

We'll be back next month with another Future Leader and Mentor spotlight. If you know of someone who would make a great Future Leader, send them an application for the 2023-2024 Future Leaders Academy cohort, available [here](#).