

Mentor biography:

Name: Sara Matthews

Education level: M.S. Family and Consumer Science B.S. Child Development/Family Relations

Areas of expertise: Child Development, Feeding, Environments, Curriculum, Practice, Literacy, Relationships with Families

Number of years in the early care and education field: 10

Regions in which I would like to mentor/coach: Region 1

What mentor/coaching means to me: Being a mentor/coach would allow me to assist others in meeting their greatest potential. I feel a mentor/coach should be a sounding board for those they are mentoring, to be a person they can ask questions and brainstorm ideas with. I don't pretend to know all the answers but would love the opportunity to share my experiences with others who are just starting out, maybe just need a fresh look at their own practice.

