

The background of the slide is a photograph of a two-lane asphalt road with yellow double lines, curving through a lush forest. The trees on the hillside in the background are in full autumn foliage, displaying a mix of orange, yellow, and green. A road sign is visible on the left side of the road.

# **Ethical Mentorship**

*A guided path to the  
good life*



# What's going on?

We live in a very **confusing era** in which we speak —with data— of a wave of deterioration in **mental health** without stopping to consider its causes: we are not improving.

We have abandoned in many cases the fundamental project of **a good life** for “happiness”, “success” and other consolation prizes that do not fulfil us.

We **lack referents and conversations** to make that good path (teachers, spiritual guides or family members): **we feel lost.**



We call **mentoring** a process of guided accompaniment. This guidance should be **professional** and refers to **ethics**, which is the answer to the question: what makes life just, worthy, good, worthwhile? It is also a **method** for understanding the world that draws on the humanities, art and science.

**An ethical mentor** is what people who want to discuss with a professional the **moral issues and questions of meaning** that are decisive for a fulfilling life looks for. When, for whatever reasons, the personal possibilities to deal with these issues are not sufficient, or when there are no interlocutors available to shed the necessary light, a skilled and well-trained professional **can be a valuable alternative.**

## What is **Ethical Mentorship**?

### Why would you look for an **ethical mentor**?



**Psychological therapy** is indicated for cases of dysfunctional couple, family, emotional, addiction and similar relationships that generate trauma, anxiety, depression, obsessive ideas or suicidal behavior and other disorders of clinical scope.

The so-called “**life coaching**” (transpersonal, ontological, etc.) is based on pseudo-science (NLP, etc.) and is led by people with a precarious preparation.

The **method of ethical mentoring** is distinctive: it consists of in-depth dialogues enhanced between sessions with readings, writing exercises and reflective dynamics around case studies and other non-literary sources.

## What's the difference with psychological therapy and coaching?

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# What it's about



- The goal of this process of assisted growth is to achieve, as far as our circumstances allow, a good life; to integrate success, failure, frustration and uncertainty into a project of character.
- The mentoring, **always personalized** to the conversational style, the situation and the vital moment of the recipient, aims to provide him/her with resources to think and feel good.
- There is a good part of mental health and psychic suffering that has to do with the perception of inner voids, what Viktor Frankl called “noogenic crises”: this mentoring addresses the core of our meanings (truth, good, love and beauty) to build **a life model** of our own.
- The mentor provides the **excellent conversations** that the recipient cannot obtain in other ways and guides him or her through sources of **wisdom** from over two millennia and the latest we know about the **science of human behavior**.
- Mentorship is aimed to help to improve **an unfinished personal building**: character, that implies **mastering [attention](#) and desire**, is an adventure that takes a lifetime, a project that must be worked on to aspire to see it completed. The service rendered assists in this epic journey adding focus, joy and knowledge.

# My mentoring expertise

Philosophy has been my way of life for more than 35 years. I have made a point of training myself in this knowledge with a bachelor's, a master's and a doctorate. My main fields of research, critical thinking (cognition, logic, dialectics and rhetoric) and ethics, are those specifically required for the service I offer.

Therapy, first and foremost, "repairs", mentoring "builds" (and thus overcomes LT discomfort); to this end, I have developed architectural skills that I can pass on to you. I have been providing depth through dialogue for more than 25 years, in team management, teaching and conferences (8 countries), as well as through this ethical mentoring. I am good at bringing order to other people's thinking, and I know "where almost everything important is" when it comes to the good life.

I am an avid and long-time reader, an art lover and a very active writer (writing is thinking and builds character). I have translated more than fifty works and published more than two hundred articles and ten books, including *Ethics for the Brave* (2022), *Neo's Dilemma* (2024) and *The good is universal* (2025), whose topics and methods go to the heart of this mentorship.

Conoce más



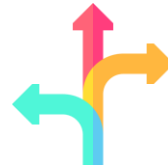
# 6 fields of action in EM

## Wisdom



Truth as a mature project:  
mastery of reason and  
feeling

## Character



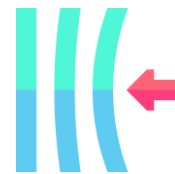
The adventure of building a  
robust interiority open to  
others

## Honor



Justice, poetry of duty and  
conscientious judgement to  
make good our goal

## Fortitude



Facing adversity with courage  
and integrating ethics into  
one's life project

## Love



Willingness to compromise and  
commitment to greatness in  
our relationships

## Beauty



Vital aesthetics, beauty in  
everyday life, order in the world  
and transcendence.





**Maturity**



**Crisis/Change**

**Ethical Mentoring can help you to  
complete these processes**



**Late Stage**



**Growth**



# On moral suffering



- Part of the deterioration of mental health that open societies are experiencing has moral causes: existential disorientation, weakness of character, sentimental or intellectual confusion, breakdown of principles, loneliness and emptiness of meaning.
- As Donoso Cortés said, “we raise thrones to causes and scaffolds to consequences”. This mentoring addresses the core of the problem, refuses to medicalize life and pathologize existence in people without clinical complaints, and addresses the issue so that those who receive it can build lasting solutions.
- Many suffer even if “they have no nothing”, in the double sense that they do not suffer from a pathology diagnosed by the DSM — the unofficial guide to psychological ailments — nor do the circumstances they go through objectively constitute traumas, but frustrations, setbacks and setbacks that we always consider an ordinary part of what we call “life”. **Ethical mentoring addresses these challenges and helps to overcome them.**
- Those who do not train their conscience and do not have a **meaningful plan suffer constantly**, not knowing where they stand, not being able to respect themselves and living an absurd and empty existence. The key is going “outward” (towards others and the world); excessive self-examination can harm us.

# On the joy of depth



- **Meaningful lives are deep lives.** There is nothing wrong with superficiality, with lightness; it is part of the trivial experience of living. But a measure of depth — a commitment to what is essential — is necessary to live well.
- A life that is intellectually and sentimentally coherent, directed towards what is just, true, the fruit of love and beautiful, is **a joyful life**. Serene joy, strength, courage and transcendent gratitude are the natural products of such coherence.
- **Good is a proposal for complete freedom;** in this sense it is euphoric. Only those who achieve the negative (not to be oppressed), positive (responsibility, [honor](#)) and intimate (self-control) freedoms can call themselves emancipated; that is what this mentoring works for.
- **A strong, courageous and free life is measured in behavior.** All the reflective conversations and dynamics that are incorporated in this process are meant to be translated into behaviors; without that, without tangible effects, they would just be empty talk.
- To have one's heart and intellect in order is a joy. There is no way to eradicate uncertainty; **but living with a sense of direction and navigational resources makes all the difference.**



## How it works

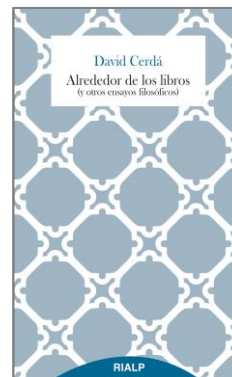
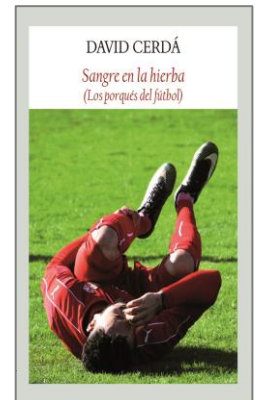
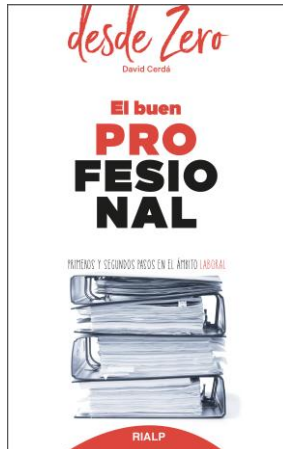
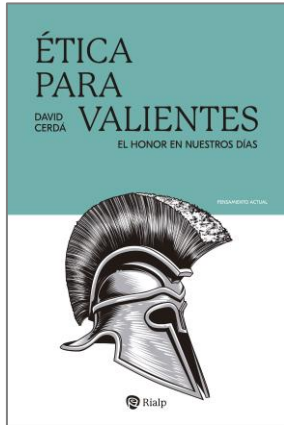
- It is a **monthly service** that includes **two online sessions of one hour** (on a previously agreed date and time), based on conversations that are as enjoyable as they are profound. Between sessions, reflective work is required on the part of the recipient, guided by **documents – one per session –** of readings and links (developments and examples) that the mentor prepares. **Doubts are also dealt with by mail (with a commitment to reply within 48 hours).**
  - The service ends when the person who receives it understands that he/she has achieved his/her goals.
- **The first session takes half an hour, is free** and serves to understand the scope of the mentoring and whether it is what the recipient wants. If this is the case, the financial conditions are shared and the next sessions and a draft timetable are set.
- **Mentoring** is not a favor and is not suitable for friendships: **it is a service and is carried out with the professionalism** that it requires.

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# Author



# Media

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INTERNATIONAL MAGAZINE **EVIDENCE**





# HOW THIS JOURNEY STARTS

Contact with [dcerda@strategyco.es](mailto:dcerda@strategyco.es) to have a preliminary session to clear doubts and fix details (without obligation).



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