

# Mentorship

#### How it Works

- Open and accessible to all members
- Mentees and mentors will be paired based on mentee's objectives and mentors experience
- Pairing will begin in early 2023
- Once paired, the mentee/mentor will receive details of their respective mentor/mentee, along with guidance documents to help navigate the process
- After that it will be the mentee/mentor's responsibility to communicate and continue the conversation.

#### Recommendations

- Mentoring relationship/communication to last for at least 6 months for both the mentor and mentee to receive full benefits from the experience.
- One 15-30 minute meeting a month



## Bearing Fruit

The Opportunity & Impact

- Developing You:
  - Developing your technical and interpersonal skills
  - Exposure to new/different ways of thinking
  - Strengthen leadership and speaking skills
- Be Empowered:
  - Allowing you to share your knowledge and experience – giving you a sense of personal accomplishment
- Establishing Personal/Professional Brand
  - Demonstrating commitment to the profession and its advancement for the next generation
  - Building a long-lasting connection and growing your personal network



### Our Conversations

The thoughts we hold space for.



Psychological Safety

We freely express our ideas and opinions with no judgment

Topics: Code Switching, Racism, Inclusion, Trauma, Innovation, Creativity, Blame, Fear, Safety, Doubt, Manager Relationship



Emotional Intelligence

We develop and build upon our emotional intelligence to guide us in our actions and behaviors

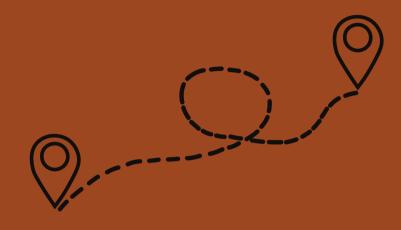
Topics: Empathy, Self-Awareness, Problem Solving/Decision Making, Confidence, RULER method



Whellness

We believe in the whole woman - the mind, body, and soul is priority

Topics: Childhood
Upbringing, Meditation,
Beliefs and Values, Vision
and Mission, Emotional
Healing, Work/Life
Balance, Neurodiversity



Career Journey

We aim to help others grow in their career journey

Topics: Career Change, Leadership Development, Mentorship, Presentation Skills, Promotion