



HER POWER MENTORSHIP HUB GUIDE 2025

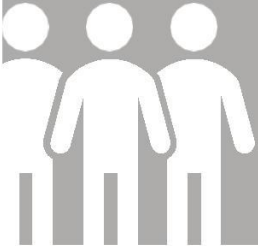
PROGRAM OBJECTIVE

To pair an experienced professional or entrepreneur with a mentee (with disabilities) to share insights and experiences that encourage leadership skill development and enhance professional and personal growth.



MENTEE'S ROLE

- Direct the relationship: schedule and prepare an agenda for meetings, set expectations, and communicate goals, needs, and next steps
- Provide a clear assessment of your strengths and weaknesses Inform your mentor of your career goals



MENTOR'S ROLE

- Commit to getting to know your mentee - their abilities, interests, and ambitions.
- Be knowledgeable: pass on wisdom gained through your experiences.
- Help through network intros, skill development, career planning etc.



Commitment

- Commit to the Mentorship program and your Mentor/Mentee from May to October 31st, 2025.
- Meet for the suggested one-hour sessions, twice per month.
- Mentees to attend at least 4 out of 6 group monthly professional development workshops.



BEST PRACTICES

1 QUESTIONS are one of the best ways to learn. Use them to help you get to know your mentor, gain deeper insights and find alternative solutions to workplace challenges.

2 GOAL SETTING is a fundamental component to long-term success. Goals help you clearly define your long-term vision. Establish developmental goals to discuss with your Mentor and review them periodically.

3 STORYTELLING builds community and relationships and expands our understanding of our environment. We encourage you to share career histories, accomplishments, education, key learnings and challenges you've overcome.

4 BUILDING A NETWORK gives you access to people, information and advice that will help your career flourish. With your mentor, identify ways for you to establish a broad foundation of support and sponsorship within your field.

5 SHARING is caring. Being part of our program is more than being on the receiving end. Add value to the relationship by sharing your knowledge, experience and network with your mentor.

SUGGESTED MENTORSHIP TOPICS

Here is a list to support your mentorship conversations

Mentorship Session	Questions to guide the conversation	Actions
Define the sessions and relationship	What do you both expect from these sessions?	Create a verbal or written agreement
Get to know you personally	Who are you? What is your background and experience? What are you passionate about?	Tell your stories
Get to know you professionally	Where are you now? What are your short/long term goals? What type of work do you want to do? What prep have you done? What help do you need?	Build and share your career plan
Discuss resources (books, workshops, podcasts, audio books etc..)	What are some resources that have helped you in your career?	
Create a plan to attain your professional goals and showcase your skills	What steps do you need to take to share and promote your unique skills, knowledge and experiences with others?	Create and discuss your career profile
Discuss progress on your goals and plans	What support do you need and what are the next steps?	Act, document and follow up on your plan

The Program Coordinator will periodically connect with mentors and mentees to see how the connections are going, gather feedback on the mentorship program as well as share additional resources to support future discussions.

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