

FINDING MENTORS

A mentor doesn't always have to be a celebrity or senior executive. The best mentors are often just a few steps ahead of where you are now. Look for people whose careers, skills, or confidence you admire. They can guide you through challenges you haven't yet faced and show you what's possible. Think of mentors in categories: career, skills, mindset, and entrepreneurship.

OUTREACH TEMPLATES

Reaching out to mentors feels intimidating until you know what to say. A clear and respectful message can open doors with people you admire. Keep your message short by introducing yourself, sharing why you admire them, and asking one specific question. Templates for LinkedIn, email, or direct messages can make this easier. What matters most is that your message feels genuine and specific.

POWERFUL QUESTIONS

The right questions create meaningful conversations rather than one-word answers. Instead of asking for a job, ask about their lessons, skills, and turning points. For example you can ask what skill helped them most in their first year or what they would focus on if they had to start again today. These questions show curiosity and respect. They also give you advice that you can apply right away.

MENTORSHIP TOOLKIT

PEER MENTORSHIP

A mentor does not always have to be above you. Peers can become powerful accountability partners. Connect with women at your level who share the same ambition. Meet regularly to share wins, challenges, and resources. Building this type of support system helps you stay motivated and confident in your journey.

MENTOR SESSIONS

Think of a mentor chat like a focused meeting. Keep it short so it feels light for them. Begin with context, move into your top three questions, and close with gratitude. Always take notes so you remember the insights you receive. Following up later with thanks and an update shows you valued the conversation and builds trust.

GIVING VALUE BACK

Mentorship is strongest when it feels two-way. You may not match your mentor's expertise yet, but you can share your perspective, recommend tools, or simply express genuine appreciation. Publicly thanking a mentor on LinkedIn strengthens the connection and gives them recognition. Sharing articles or insights can also provide unexpected value for them. Even small actions can deepen the relationship.