



Lean In NYC INspiration


Mentorship Program

**Welcome to the 2nd
cohort of Mentors and
Mentees.**

A close-up photograph of a person's hand pointing at a smartphone screen. The person is wearing a white button-down shirt. The background is blurred, focusing on the hand and the phone.

About Us

LEAN In NYC helps women achieve their
goals and ambitions together



Mentorship Program

Guidelines to the program

- The expectation is to be able to commit to 6 months for this program.
- The mentees are responsible for setting up/ planning the meetings with mentors.
- Mentees should have clear goals /objectives that they are seeking guidance from mentors. They should work on 1 to 4 specific goals with their mentor.

Why be part of a Mentorship Program?

Mentees can:

- Have the benefit of learning directly from someone who is where they want to be
- Climb the career ladder faster by avoiding mistakes they otherwise might have made
- Gain confidence and self-belief
- Learn leadership skills and qualities
- Get different points of view and learn new ways of thinking
- Achieve their goals faster
- Focus on their strengths and learn how to overcome their challenges

Mentors can:

- Create a legacy by passing on their knowledge and wisdom
- Learn as much from their mentees as they teach
- Learn how to share and pass on knowledge
- Gain new perspectives and ideas from interacting with their mentees
- Develop their leadership and coaching skills

What makes NYC INspiration Mentorship different from other programs?



- We offer a coach for each mentee and mentor to make sure the relationship is working for both parties.
- Coaching is a navigational resource to help mentors and mentees manage & maintain their relationship for the purpose of maximizing the potential benefits for both parties.
- Amy Salman, Founder & CEO of the Wellness Map will be a coach for our mentor and mentees.
- During our first call on Feb 9th, we will provide training over how this program will work.

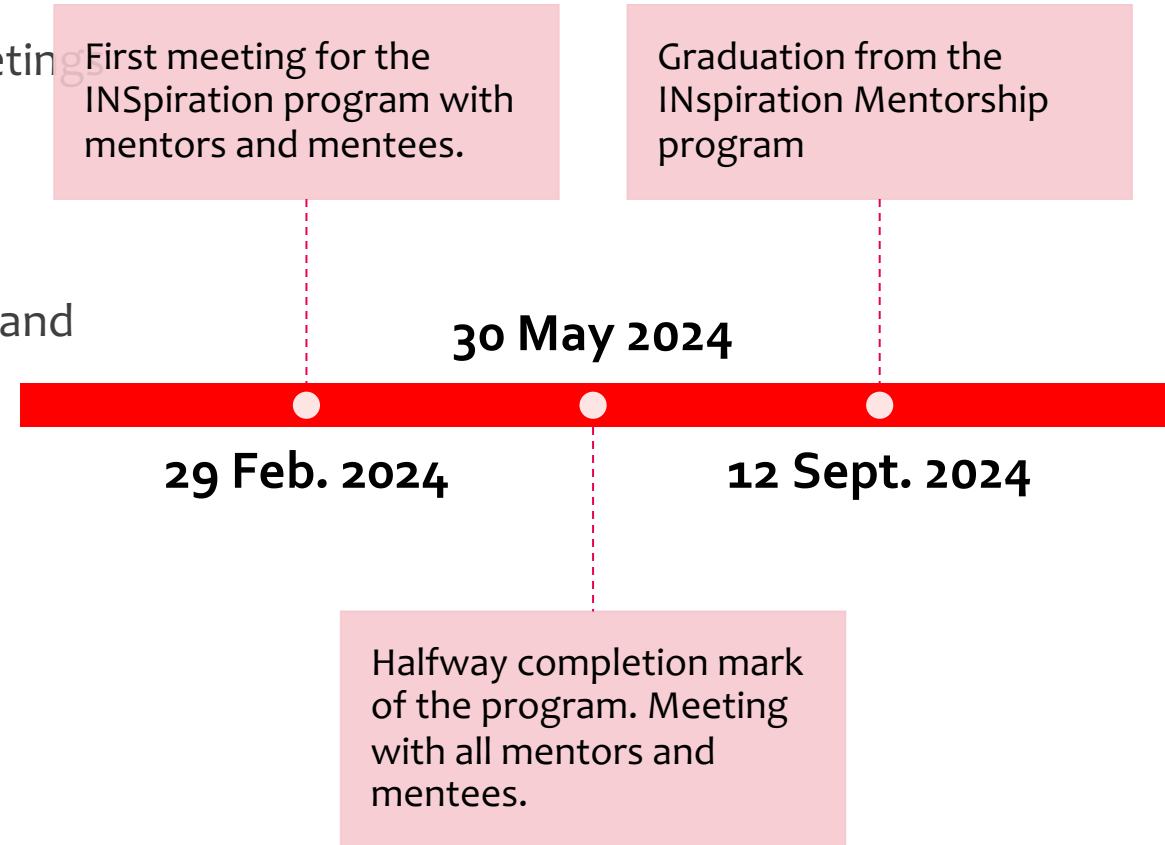
A blurred background image of a modern desk. In the foreground, a silver laptop is open, with a smartphone lying to its left. Behind the laptop, there is a stack of books and a pair of headphones. To the right of the laptop, a dark blue tumbler cup and a white mouse are visible. The desk is light-colored, and the background is a bright, out-of-focus interior space.

Timeline

Timeline for the INspiration Mentorship Program

Notes:

- Mentees are responsible for setting up calls/meetings with the mentees.
- Mentors are to share their availability with the mentees and preference over times, time zones and days.
- Meetings can be by phone, Zoom or in-person.
- Meetings should be weekly or bi-weekly.



Responsibilities of Mentors and Mentees

Mentors

- Welcome the mentee
- Advise the mentee
- Support the mentee in their challenge
- Promote progression
- Offer interesting challenges
- Provide direct, useful and constructive feedback
- Provide moral support to the mentee
- Reassure the mentee
- Discussions should remain confidential

Mentees

- Contact your mentor
- Communicate your needs and goals
- Prepare for your meetings
- Be an engaged and active learner
- Respect the mentor's availability and expertise
- Be honest and authentic
- Be open-minded

Goals for Work

Career Goals for Anyone to Set



What is Goal Setting?

Goal-setting is the process of defining actionable steps to achieve your desired result. Ideally, goal-setting helps us get a sense of our current state, helps us determine where we'd like to be, and fills in the gaps along the way of the steps we need to take to achieve our desired outcome.

At work, goal-setting can take on different areas of focus, including:

Learning and Development Goals

Performance Goals

Personal Goals

Career Growth Goals

SMART GOALS

SMART is an acronym that can help you break down the toughest goals—and achieve them with hard work and real intention.

Specific

Measurable

Attainable

Relevant

Time-Bound

Types of Time-Based Goals to Set For Your Career

Lifetime Goals

Long-Term Goals

Short-Term Goals

