

## Mentorship Network

---

### Purpose & Goals

Mentorship is an important component of growing professionally. Mentors can help young leaders learn to navigate tough decisions and winding career paths by offering feedback, friendship, and advice. Thrive 45° Young Professionals wants to empower young leaders in their journey.

Through the Thrive 45° Mentorship Network, students, young professionals, and future leaders are getting the counsel and encouragement they need to pursue their ambitions.

### Roles

#### MENTORS –

Becoming a mentor is an opportunity to pay-it-forward, to invest in someone's future. It's an opportunity to connect with a vast network of ambitious professionals, ready to learn.

#### *As a mentor you are:*

- **A cheerleader and advocate.** Provide your mentee with encouragement as they navigate their career and be a representative for them when needed.
- **Skills and career consultant.** Come alongside your mentee to help them hone their professional and intellectual skills by giving them practical, immediately applicable advice in the areas of communication, leadership, and unique industry.
- **Listening ear, ready to provide honest insight.** Constructive criticism and feedback are important components of growth. But they're most powerful when they are attached to an approachable, empathetic ear.

#### MENTEES –

As a mentee you are given the gift of support, guidance, and feedback throughout your life and career. This is a great opportunity to learn and connect from those who have already struggled down similar paths and have lots of learning to share.

#### *As a mentee you are:*

- **Able to reach out to any of the mentors in the network.** The mentorship network was constructed to help you throughout your journey, which may mean speaking with multiple mentors as your needs change.
- **Able to ask questions related to your professional and personal growth.** Discover your strengths, weaknesses, opportunities, how to advance in your career, how to become a better leader, and more.

- **Willing to take feedback with an open mind.** Sometimes the feedback we hear isn't always fun. But if we're willing to recognize where we can make improvements and actively pursue personal betterment, the results will be well worth it.

## How Connections Are Made

1. Mentees can view potential mentors on the Thrive 45° website ([thrive45.org](http://thrive45.org))
2. If you see a mentor in the network that looks like a good fit for you, read their bio, availability, and reach out!
3. Mentors and mentees are able to meet and work together in whatever way is most productive for them

## Suggestions for Engagement

- Allow mentee to shadow you for a day
- Take mentee to a business or board meeting
- Read a book together and discuss the major takeaways offered and how they apply to the mentees life/situation
- Go out to lunch or coffee to catch up
- Help mentee create a personal plan-of-action for a given set of goals
- Review work of mentee and provide guidance and inspiration where necessary
- Open your network to them, if you feel it's appropriate