

WEEK SIX

Welcome to the final week of the Mentor Her Programme. We **cannot** believe how fast our time together went! This is your final week for your Mentees to ask any probing questions they might need the answers to now, or in the future. It's also your last chance to distill advice on them! We hope you have met some valuable people on this programme and that you have enjoyed your time with us so far!

This week will really be about closing down the project, thought process or plan that you have made with your Mentee over the last few weeks. And ensuring that you have taken advantage of this last, one-hour meeting. We wanted to end this programme, not with a sadness that it's over, but an excitement that their journey is really just beginning! So, we've made our last manuals, for all our Mentees, about the Keys to Confidence. And this Friday, you will be hearing from Ireland's leading lady on the Imposter Syndrome in the workplace and in business so that you and your Mentee can be more aware of who you are and why you should be proud of yourself for any journey you decide to pursue. Aoife O'Brien is the lady behind Happier at Work and she will be taking you through this workshop on Friday at 1.30pm.

In this last session with your Mentee, consider asking them how they are feeling, or reflect on where they were when they began this programme and where they are now. What has changed about her? What problems did she have and how have they been solved? What has she learned from you and how can she carry this with her, moving forward?

Before we leave you, we wanted to let you know about three things that might be of interest to you:

The first is that **our next programme begins on June 14th**- you can come back to join us as a Mentee or Mentor (or both!). If you want to sign up again and your situation hasn't changed drastically, just get in contact with us hello@mentorher.ie and we will put your application through.

If you know a **student or small business owner** who might be interested in our program, please refer them to us.

We have a new **Student Initiative** where women in college or university can join our program for a discounted rate or for free, gain experience by completing one-two projects and get a reference for their CV.

This is our new way to support women who may be strapped for cash but need help in their career or business. Similarly, we have a Small Business Fund to help support women in their first year of business.

You can find out more by emailing hello@mentorher.ie

