

The empowHERed Mentor Program

The empowHERed Mentor Program matches students with female professionals in the sports industry whose backgrounds are complementary to students' interests and career objectives.

63% of women have never had a formal mentor. Yet there are proven benefits, such as:



Mentorships help individuals develop professional relationships and introduce you to connections to further **build your network**.



A mentor can be a **strong support system** by allowing individuals to bounce ideas off of them and helping navigate professional challenges.



87% of mentors and mentees feel empowered by their mentoring relationships and have developed **greater confidence**.



According to the latest LinkedIn Learning report, **mentorship is the #1 focus for organizations in 2023**.

Joining the Program

Mentees

Mentees can join the program in one of two ways:

- Purchase the empowHERed Mentor Program package
- Participate as part of a college/university. If mentee's school is part of the empowHERed college program, she may join for free.

Mentors

empowHERed is looking for mentors with 5+ years of experience in the sports industry. All areas of sport are welcome!

If interested, please email modonnell@myempowhered.com.

Program Details

- This is a six-month program, though we hope the relationships you build will last longer!
- Mentors will complete a career survey and then be matched with individuals with similar career interests.
- Mentors are required to complete a brief mentor training session prior to working with mentees.
- Mentors are required to meet with mentees at least once per month (virtual or in-person and around your schedule)
- empowHERed will provide suggested topics and talking points for meetings but ultimately the discussion areas will be left to the mentor and mentee.
- Mentors will have the opportunity to meet other women in the program during our Mentor Program Wrap-Up.

Want more info? Email modonnell@myempowhered.com or sward@myempowhered.com