



Become a **Women4Women** Mentee

**Do you embody: Eagerness to learn, ability and willingness to work as a team player, patience, be a risk taker, have a positive attitude?
You are between the age of 15 – 25 (younger than 18 need parent/guardian permission)**

What it takes to be a good Mentee:

- 1. Be someone that the Mentor wants to spend their time on.**
- 2. Have an agenda / take notes with of what you hope to get out of the meeting. Research ahead of time. Make it easy for the mentor.**
- 3. Follow through on advice.**
- 4. Meet on your Mentor's terms**
- 5. Let you Mentor take the lead in the relationship. Listen to everything they say and respect the opportunities and limitations she can provide you.**
- 6. Listen. Try not to interrupt your Mentor unless you need clarity on something.**
- 7. Take notes when needed, ask questions if you don't understand.**
- 8. Prepare goals and objectives for the area you would like help with. The more specific the easier it is for the Mentor to help you.**
- 9. Ask for feedback. Sometimes it is difficult to hear but it is crucial to your growth.**
- 10. Show that you are open to ideas and suggestions.**
- 11. Be considerate and respect your mentors time. These are often very busy women.**
- 12. Return phone calls promptly.**
- 13. Consider all advise and suggestions that you receive. Do not argue with your Mentors advise.**
- 14. Show your Mentor that you have followed advise at every opportunity. Point out how you have used their advice.**
- 15. Keep the relationship professional. It does not mean you can't be yourself or be friendly.**
- 16. Do not intrude into your Mentor's personal life or expect to be close friends.**
- 17. Prepare yourself to function without the Mentor connection once it has served its purpose.**
- 18. Express gratitude to you Mentor.**

If you can agree to all of this then please fill in our Mentee Application form and send to hello@women4women.co.za with a copy of your ID.





Name: _____

Surname: _____

Location: _____

Tel: _____

Email: _____

Education level: _____

Date of birth: _____

ID no: _____

Current occupation – if applicable:

What occupation do you want to pursue – if applicable

Greatest strengths:

What do you want the mentor to help you with?





What is your story? Why do you need help from a Women4Women mentor?

What are your dreams:

Do you have your own transport?

Any other information you would like us to know?

