

# SUPERWOMAN SOCIETY

## MENTEE HANDBOOK



## Welcome to the Mentorship Program!

We are thrilled to have you join our community of empowered females with ADHD who are ready to grow, learn, and thrive. This handbook will guide you through your mentorship journey, providing tools, tips, and resources to make the most of this experience.

### What is the Mentorship Program?

Our program pairs mentees like you with experienced mentors who can provide guidance, support, and encouragement. Together, you will work toward personal, academic, and professional goals while navigating the unique challenges and opportunities of living with ADHD.

### Program Goals

- Build confidence and self-advocacy skills.
- Develop practical strategies for managing ADHD.
- Foster personal and professional growth through mentorship.

## Let's Get Started!

1

### Apply to the Mentee Program

Based on your goals, you will be matched with a mentor

2

### Complete Your Goal Tracker

Identify what you want to achieve through this mentorship

3

### Schedule With Your Mentor

Coordinate to set up an intro meeting and define recurrence

4

### Prepare For Sessions

Reflect on your current challenges and goals using agenda template



## Tools and Resources

### Goal Tracker Worksheet

Use this worksheet to define and track your goals. Break your goals into actionable steps and update your progress regularly. Bring this worksheet to your mentorship sessions to keep the focus on your priorities.

### Session Agenda Templates

Using this rough agenda will help you organize your mentorship meetings:

- Opening Check-In (5-10 minutes): Share updates.
- Goal Review (10-15 minutes): Discuss progress and challenges.
- Focus Topic (15-20 minutes): Deep dive into a key area.
- Next Steps (5-10 minutes): Plan action items.

### Sample Session Topics:

Below are examples of topics you might explore during your sessions:

- Building self-confidence.
- Time management techniques for ADHD.
- Managing stress and overwhelm.
- Exploring career paths and opportunities.
- Developing effective study or work habits.

Downloadable templates available on [superwomensociety.org](https://superwomensociety.org).



## Tips for a Successful Mentorship



### Stay Open Minded

Be ready to explore new ideas and strategies shared by your mentor.



### Be Honest

Openly share your challenges & successes for the most productive sessions.



### Practice Self-Advocacy

Learn to express your needs and seek support when necessary.



### Commit to Growth

Actively engage in the process and apply what you learn.

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### Code of Conduct

Please help us ensure a positive and respectful experience for all participants.

**Be Respectful:** Value your mentor's time and efforts

**Be Reliable:** Show up on time and communicate schedule changes promptly

**Be Engaged:** Actively participate and follow through on commitments

### We're here to Support You!

If you have questions, need additional support or resources, please reach out to the team:

Website Chat Function

[info@superwomensociety.org](mailto:info@superwomensociety.org)