



Individual Mentoring Expectations

Time Commitment

Individual Mentoring is a 12-month commitment.



Meeting Cadence

We strongly encourage meeting at least once per month to keep up the momentum, build trust and strengthen your mentoring relationship.



Meeting Scheduling

Mentees are responsible for scheduling sessions, booking at least two meetings in advance as a best practice.



Goal Clarity

Mentees should prepare and share specific and measurable goals for their mentor to support.



Session Ownership

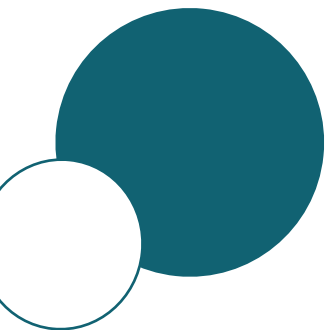
Mentees should set the agenda to guide the conversation. Mentees and Mentors are encouraged to share feedback at the conclusion of each session. Reference the videos sent after submitting your mentoring request form for more guidance.



Program Check-ins

Mentees and Mentors should complete all check-ins from the mentoring committee, including:

- 30-day check-in survey (mentees only)
- 90-day check-in call
- 6-month and 12-month check-in surveys



When Circumstances Change

Mentees and Mentors should contact pwhmentoring@mypwh.org if they are unable to continue the relationship or if meetings conclude before the 12-month commitment period ends.

