

The Forum Mentor Program

Presented by The Scotiabank Women Initiative®

Welcome Guide

THE
Forum

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THE Forum

Mentor Program Handbook

Welcome to The Forum!

Thank you for your interest in our Mentor Program. We are so grateful to have you join our growing community. **This handbook will help you get a sense of the mentorship experience with The Forum and share more about our program philosophy, expectations, and benefits.**

Who We Are

Founded in 2002, The Forum is a Canadian charity that supports women entrepreneurs and ensures that they are equipped with the tools that they need to succeed. Our educational programs, mentorship, and deeply collaborative, connected community are all focused on helping women set and achieve big goals in their business. **We leave no woman behind**, going beyond expectations, practicing community as a verb, celebrating diversity and pushing for equity, and responding with intention.



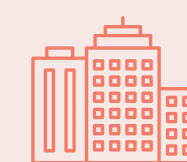
2000+

Pairings supported



20+

Years of experience



131+

Communities reached
(average per year)



How do we see mentorship at The Forum?

Mentors are experienced individuals who will offer guidance, feedback, and share their knowledge to help come up with new ideas. They are accountability partners and can support with setting and tracking goals + objectives. A mentor will offer a **fresh perspective, ask the right questions and guide to better strategic decisions.**

Small businesses that receive mentoring are 20% more likely to experience growth than those that don't.

(The Small Firms Enterprise Development Initiative)

How is success defined in our program?

Success can only be defined by you. At The Forum, we understand that everyone has different business goals, and success may not look the same for each pairing. Setting expectations with your mentor/mentee is the first step to a fulfilling relationship. We recommend defining one key objective to work on and reflecting on it at the end of your 12-month relationship. Our philosophy: **celebrate your wins and grow from your challenges.**



The **Mentee** Journey

What can I expect as a Mentee?

- A relationship driven by you and your goals
- Access to resources and sample meeting agendas
- An opportunity to share your wins with The Forum community

What are the benefits of being a Mentee?

- Receive guidance and feedback on your business challenges
- Get clarity and focus to stay on track of your goals + objectives
- Gain confidence to clearly communicate your business to others
- Get connected to a wide network and community of support

“Pick your mentor for where you are in your journey, and embrace the learning. It will be one of the best investments you make in yourself and your company.”



The **Mentor** Journey

What can I expect as a Mentor?

- Receive training and access to resources
- Make valuable connections and expand your network
- Participate in mentor events to learn from your peers

What are the benefits of being a Mentor?

- Learning as much as your mentee
- Sharing ideas and gaining perspective on your own journey
- Deepening your leadership and communication skills
- Giving back to your community by supporting women entrepreneurs



“ **Being a mentor with this program is the perfect way for all of us to celebrate and thrive in business** ”

Everything You Need To Know

What is the time commitment?

You are committed to meet for **1 hour per month for 12 months**. You can structure this however that works for you.

How does the pairing process work?

Pairings are facilitated using the Together mentorship software. This platform curates the top three mentors based on business needs, preferences and challenges. Once requested, mentors can review the pairing before an intro call to confirm the fit.

Who is in charge of the relationship?

Our mentorship program is **mentee-driven**, meaning that the mentee leads the relationship and is in charge of setting up meetings and preparing agendas.

What can I expect from The Forum Mentor Team?

Both Mentees and Mentors can expect proactive and responsive support that quickly resolves any issues. We go above and beyond to make sure that your needs are heard. When you have constructive feedback, we listen. No, but really, we read the surveys.

Thank you for always providing feedback to help us support you in the best way possible.

LEAVE NO WOMAN BEHIND

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