Womentoring
Women mentoring Women
or How to Pay it Forward

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Agenda

- My Background
- Definitions
- Old School Mentoring
- Womentoring
- How to Get Started
- Personal Mentoring Stories
My Background

- Hispanic Family
- Federal Government
- Ed Carlin
- UNM
- IT Career
- Dave Harkness
- Pay it Forward
What is a Mentor?

**men-tor (men-tawr, -ter)**

*noun*

1. Wise and trusted counselor or teacher
2. An influential senior sponsor or supporter.
Old School Mentoring

- More men in leadership roles
- Good old boy network
- Protégé – mini me
- Think like a man
- Golf course, Cigars
Womentoring

- Women mentoring women
- More about learning than power
- Can be more organized
- Great commitment
- Longer mentor relationships
- Supporting other women in realizing goals & dreams
I love it when women love themselves. I love it when women are learning to love themselves. I love it when women inspire other women to love themselves.
~Unknown
Mentor Roles

- Teacher
- Problem solver
- Motivator
- Coach
- Guide

“If you don’t know where you’re going, you won’t know how to get there.”
Mentee Roles

- Learner
- Decision maker
- Initiator
- Goal setter
- Risk taker

“If you want to increase your success rate, double your failure rate” Thomas Watson, founder of IBM
How to Get Started
Mentor Yourself

- Set achievable goals
- Take classes, webinars, podcasts
- Self-help books
- Participate in business/work organizations
- Observe others
- Toot your own horn
- Document your accomplishments
Ask Someone to Mentor You

- Formal
- Informal
- Schedule lunch dates
- Be Open to the Possibilities
  - Listen - what can I learn?
  - Be open to the feedback you receive
Look for Informal Mentoring Opportunities

- Networking Meetings
- Coworkers
- Staff
- Friends

Search for people who are achieving in your area of interest
Use Online Mentors

- MaryFoley.com
- JohnMaxwell.com
- FindAMentor.com
- Micromentor.org
Be a Mentor

- MentorNet.net (a non-profit e-mentoring organization focused on women & underrepresented minorities in STEM fields)
- UNM STEM Mentoring Program
- Coworkers and peers
- Networking acquaintances
- College graduates/Interns
Mentor Young Women

- YWCA Youth Empowerment
- NM Tech Council WIT Scholars
- Girls, Inc.
- Albuquerque Reads
- Big Brothers/Big Sisters
Personal Mentoring Stories

- Someone who made a difference in your career
- Someone you positively impacted through mentoring
Pay it Forward as an Approach to Life!

Thank You

Questions?

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