



*Vortices
Solutions*

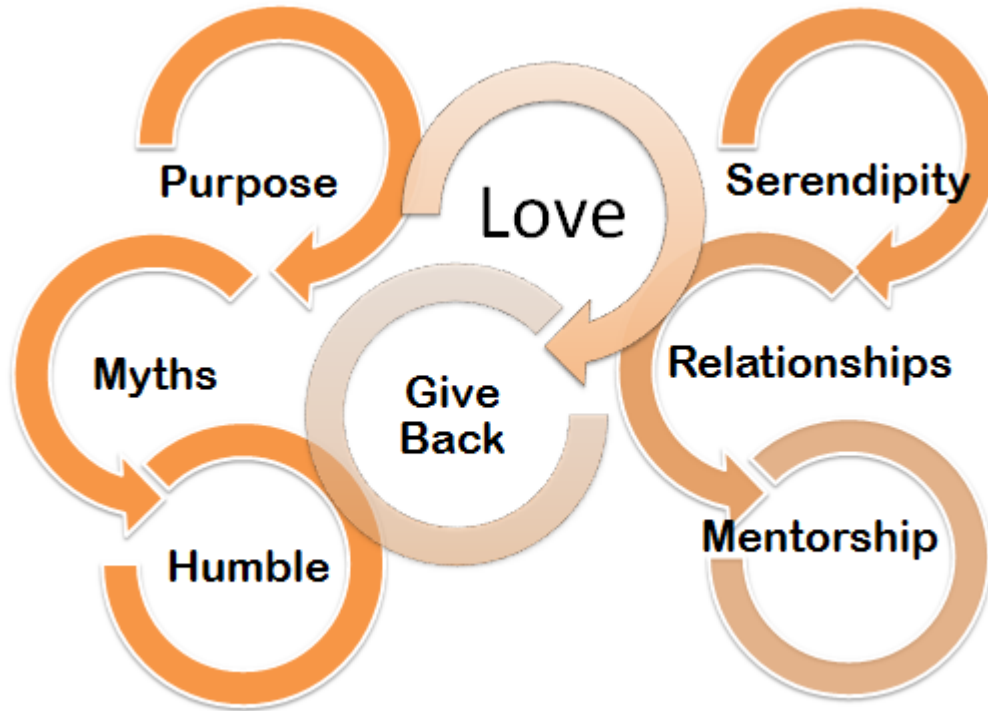
**Demystifying Mentorship
& Mentoring with Purpose**

Community Norms

- ❑ Check in with Yourself First
- ❑ Be unapologetic about getting the mentor you need!
- ❑ Practice Self-Love
- ❑ Share the Wisdom: humility + knowledge
- ❑ Maintain Privacy



Mentorship Framework for Womyn



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Who am I?



Why? What? How?

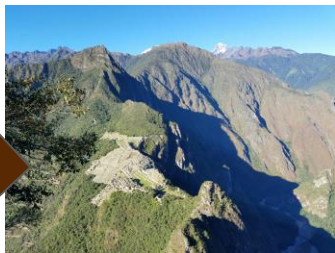
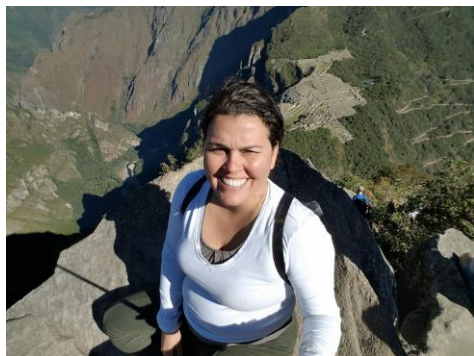
- ❑ Introduction to the learning tracker
- ❑ Who are you?
 - ❑ Race, Ethnicity, Gender, Sexual Orientation, Socio/Economic-Status, Spiritual Beliefs, Dis-Abilities, Education, Place, Professional Background, Relationships.



Purpose

“a clear sense of purpose enables you to focus your efforts on what matters most, compelling you to take risks and push forward regardless of the odds or obstacles.”





Purpose

- ☐ Who are you meant to be?
 - ☐ Dear present self...
- ☐ Talent, Value, Passion, Expertise.
- ☐ What inspires you? Gives you energy? Brings Joy?
- ☐ When are you being true to yourself?
- ☐ What will you stand for?
- ☐ What do you consider valuable?
- ☐ What makes you different?



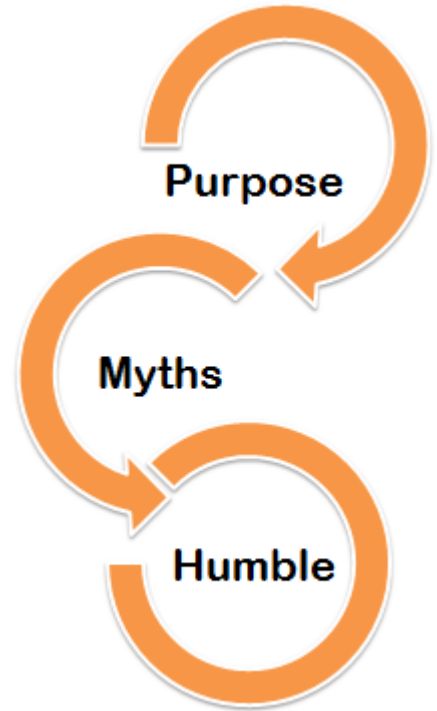
Reflect on your Purpose

- ☐ What struggle or sacrifice are you willing to tolerate?
- ☐ What is true about you today that would make your 8-year-old self cry?
- ☐ What makes you forget to eat and poop?
- ☐ How can you better embarrass yourself? When can you be vulnerable?
- ☐ How are you going to “save the world”?
- ☐ If you had to leave the house all day, everyday where would you go and what would you do?
- ☐ If you knew you had one year to give it a chance, what



Learning Tracker

- ☐ Write your Purpose.
- ☐ Write your What:
- ☐ What skills you need to fulfill your purpose?
 - ☐ What will help with your development?



Barriers

- ❑ What has prevented you to find and or keep a mentor?
- ❑ Co-create a gallery and walk.



MicroAggressions



Self-Reflection: MicroAgressions

- ❑ Think of a time where you were impacted by microaggressions.
- ❑ Think of a time where you may have impacted someone else.



Define your Why?

- ☐ Why are you seeking a mentor?

Mentors can...

- ☐ Help you fight sexism
- ☐ Support you through microaggressions and racism
- ☐ Career and professional development coaching
- ☐ Navigate organizational culture and career advancement
- ☐ Recommendations and Collaborations



Myths

- ☐ I am uncomfortable asking...
- ☐ I am not an eligible mentee.
- ☐ I don't have anything to give, I feel intimidated.
- ☐ Everybody is busy, I am afraid of rejection.
- ☐ I can't find anyone perfect.
- ☐ I don't like networking, it takes too much time.
- ☐ Formal relationship.
- ☐ Mentorship is not fun!



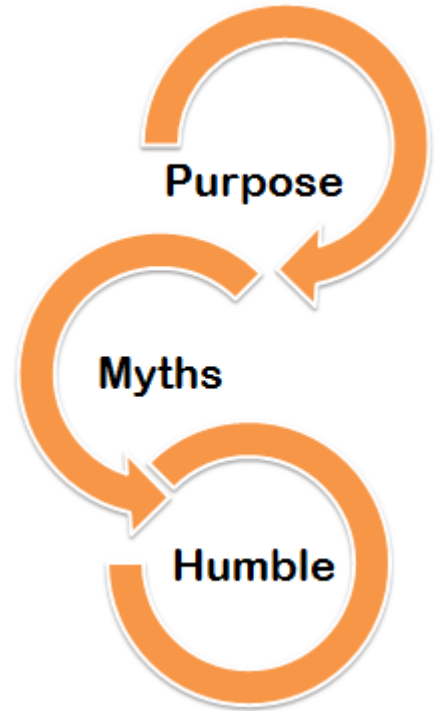
Humble

- ☐ Be Coachable
- ☐ Listen - Engage in learning
- ☐ Be mindful of your blind spots
- ☐ Take feedback with grace
- ☐ Be vulnerable
- ☐ Share your gift



Learning Tracker

- ❑ Reflect on your Purpose.
- ❑ Write your Why?



Serendipity

- ☐ Embrace uncertainty
- ☐ Have faith
- ☐ Open to curiosity and discovery
- ☐ “Check-in” - “Drop-In”
- ☐ Operate from the heart
- ☐ Attention to stillness
- ☐ Find what you weren’t looking for...

Trust the Process

*Every decision you've ever made
has brought you to where you are
today...*

Exactly where you are meant to be



Relationship

- ☐ Who are your *people*?
- ☐ What traits/skills you want/need your relationships to have?
 - ☐ ASK!
- ☐ Don't network, **connect-Purpose**
- ☐ Be yourself, Be bold
- ☐ Sheroes can become your mentors
- ☐ Be curious to learn from others...



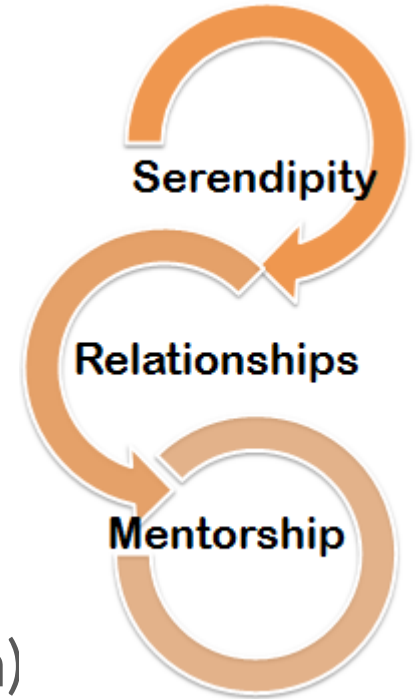
Mentorship

- ❑ Initiated by YOU based on your purpose and needs
- ❑ Set up a time to meet and share your purpose
 - ❑ Email, phone, skype, google hangout, coffee, lunch, drinks (45-60 mins)
- ❑ Prepare for a purposeful conversation (safe and supportive)
- ❑ Share what you seek - Mentors give advice - you make decisions
 - ❑ Get clarity, feedback, solve a problem, thought partner
- ❑ Develop your mentor



Learning Tracker

- ❑ When will serendipity happen?
- ❑ And Where?
- ❑ How?
- ❑ List mentors (known and unknown)

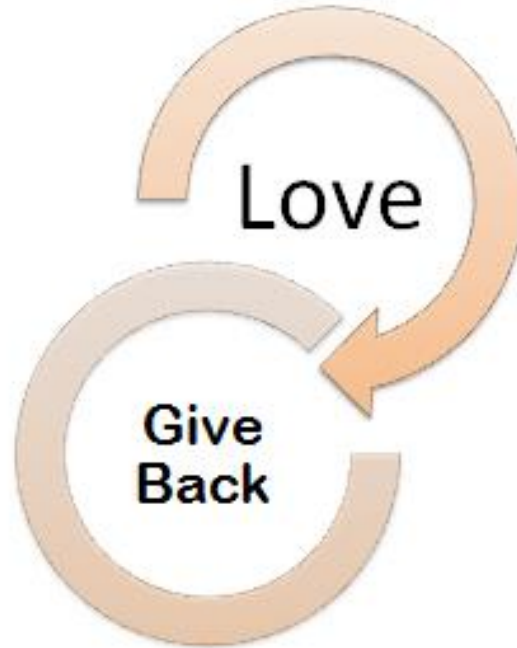


Revisit your learning tracker

- ❑ What is missing?
- ❑ Which areas needs more reflection and thinking?
- ❑ Points of clarification



Keeping Love at the Heart



Obrigada! Thank you! Gracias

Because you are
alive anything
is possible.

THÍCH NHẤT HẠNH



*'If you have a deep
aspiration, a goal for your
life, then your loving of
others is part of this
aspiration and not a
distraction from it.'*

Thich Nhat Hanh