



## BPW International

International Federation of Business  
and Professional Women

# MENTORING: empowering WOMEN



### Do you want to develop your professional and leadership potential?

Get yourself informed about the mentoring  
programme of BPW International

### Mentoring Programme BPW

Mentoring is one of the tools to realise the  
aims of BPW. Our members are from all  
professions, they have an immense source  
of knowledge and experience that can be  
shared. Mentoring between members is a  
superb means to empower women and to  
strengthen club life.

BPW sees mentoring as a learning process  
between two individuals.

#### International Mentoring Task Force:

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### Definition of Mentoring

Mentoring is a relationship which is  
established with someone who is an  
expert in their field. The mentor is usually  
older, but not necessarily in age, and  
is more experienced than the person  
being mentored. The mentor offers their  
knowledge and wisdom to the mentee. The  
mentee looks to the mentor for guidance,  
encouragement and advice.

### Step by step:

- Apply for a mentor by the person in  
charge of mentoring in your club.
- Meet the person in charge for an  
introductory conversation and fill in the  
application form.
- Then meet the person in charge and  
discuss your mentoring goals
- Formulate with the person in charge the  
type of mentor you need:
  - specific expertise, skill or attributes
  - Then you will be admitted in the  
mentoring program