



Thriving In Your 20's

Mentor STEM Leaders Program (September 2017 - January 2018)

The Mentor STEM Leaders Program is a six session program designed to support the professional and personal development of female post-secondary students and post-doctoral research fellows in Science, Technology, Engineering or Math. You learn from and exchange insights with women in established careers, professional coaches and HR specialists and will expand your network of peers. It is offered with the generous support of Carleton University, the University of Ottawa and the NSERC Chair for Women in Science and Engineering (Ontario).

There are a limited number of spots available and selection for participation is on a first come, first serve basis. You will gain the greatest benefit by attending all sessions and we request a \$20 donation as a voluntary investment in your future.*

The sessions are held Wednesday evenings from 6-8 pm. If you are interested in participating, please register at: <https://www.eventbrite.com/e/mentor-stem-leaders-program-fall-2017-tickets-37609616375> or send your inquiries to info@mentorstemleaders.com.

Program Outline:

Session 1: “Lead Yourself and Lead in Community” (Sept 20, 2016 – uOttawa, SITE 5084)

You will spend time getting to know each other through a variety of interactive exercises. The program format and objectives will be introduced and participant input solicited to guide content delivery. Explanations of concepts – coach, mentor, mentee, developmental networks, and mentoring circles will be provided.

Session 2: “WISE Choices and Transitions” (October 4, 2016 – CarletonU, DT1216)

This session will be delivered in a mentoring circles format. Senior professional women will be speaking and answering questions about their career experience in STEM. The format will be intimate and give participants an opportunity to get to know the guest speakers and each other in groups of 6-8.

Session 3: “Thriving from the Inside Out” (October 18, 2016 – uOttawa, SITE 5084)

This session will expose you to the experience of professional mentoring. A Certified Coach will provide you with the opportunity to ask those burning and practical questions about how you can prepare yourself to navigate challenges, opportunities, take and trust the decisions you make for your professional development. This session is about focusing internally to develop the skills to guide yourself through career choices with confidence and satisfaction.

Facilitator: Lisa J. Weiss (<http://iofthestormcoaching.com/>)



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Session 4: “WISE Advocacy” (November 1, 2016 – CarletonU, DT1216)

This session will follow a peer mentoring format. It will focus on how you can lead yourself and support others to pursue your professional aspirations in STEM. Expressing your ideas, executing them, and learning from one another is fundamental to developing relevant networks for the present and future. A professional facilitator will guide your discussions, provide insights about communication, putting yourself out there and advocating for ideas and change.

Facilitator: Terry St.-Pierre (<http://www.thrivinginyour20s.com/thriving-program.html>)

Session 5: “Thriving Enterprise” (November 15, 2016 – uOttawa, SITE 5084)

This session will be delivered in a mentoring circles format. Guest mentors will be professional women, who are taking positive and concrete steps to design their futures. This session will introduce you to the option to engage in entrepreneurial endeavors and help you identify at least one initiative (beyond applying for a job) that you want to lead or be part of.

Facilitator: Lara Wellman (<https://www.linkedin.com/in/larawellman/?trk=public-profile-join-page>)

Session 6: “Making the Creative Connection” (November 29, 2016 – CarletonU, DT1216)

This session is about harnessing your creative energy to unplug, process, integrate learnings and propel yourself forward in whatever you choose to do. It is also an opportunity to have some fun before exams with your peers.

Facilitator: Toni van Eeden (<https://ca.linkedin.com/in/toni-van-eeden-96366620>)

Celebration – “Legacy Leadership” (Winter 2018 – Date and Location TBD)

This is the time to celebrate what was learned, shared and gained from the program. Guidance for how you can continue to pursue mentoring opportunities while studying and working will be offered, while you connect with the support network you have created for the future.

**Participant donations provide additional funding for the Celebration and for the overall management of the program. Participants will qualify for a discount on registration fees for any additional workshop(s) offered in the Winter 2018 semester.*

We wish to acknowledge and thank again the sponsors of this program:

