

Momentum Mentoring Program: FIND A MENTOR FAQs

Who can apply?

We welcome anyone in the community to apply

Who serves as mentors?

Our network of leadership women, and friends of Momentum outside of our network who recognize the value of mentoring

What is their training as a mentor?

Senior mentoring, co-mentoring groups, inter-organizational, leadership, and life experiences

How do I request a mentor?

Click [here](#) to fill out the “Request a Mentor” questionnaire

What happens after I fill out the questionnaire?

Our Mentor Coordinator will reach out to you to schedule a call to discuss your request, then we’ll begin the matching process

Why focus on only 1-3 goals?

Six months is a very short time, we want you to have ample time to work toward your goals. We also want you to be successful to create forward momentum

How do I reach my goals?

Your mentor will assist you in charting out a path toward accomplishing your goals. They may use Momentum’s resources like our Development Plan, or they may share their own tools

Why do you request hard and soft skills? What’s the difference?

Hard skills are related to specific knowledge and can be measured. Soft skills are related to personality, life experiences, or community-focused activities

How long is the mentorship?

We ask for a 6 month commitment meeting once or twice per month

Is this a formal mentorship?

Yes

How do you match?

Our Mentor Coordinator will carefully review your responses and match you with a mentor who aligns with your request

How long will it take to be matched? Will I be matched immediately?

We begin working on your match immediately, however, it may take up to 4 weeks to find the perfect match

How will I meet my mentor?

Our Mentor Coordinator will send out a mentor and mentee intro email that includes their mentor's contact information and details, our guide, resources, and recommended next steps

As the mentee, what am I responsible for?

Throughout the relationship, the mentee is responsible for initiating communication, follow through, and gratitude. In turn, we ask our mentors for their commitment to give structure to the mentoring relationship

What if I need help during my relationship?

Our Mentor Coordinator can be reached by email: msanto@momentumleaders.org

Is there a fee for this program?

This is a no-cost service we offer to the community. It is important to us to keep our mentor matching program free and open to the whole community. If you found the experience rewarding and are in a position to support our mission, please consider making a tax-deductible donation to our non-profit organization. Your generosity will help us make more mentoring relationships possible for women leaders in Alabama! We also welcome you to pay it forward by serving as a mentor.

What does success look like?

Goals accomplished, positive testimonials, future participation in Momentum's programs, and paying it forward

Can we stay in touch with our mentors after the relationship has ended?

Yes, we encourage our mentees to initiate the conversation on what happens once the relationship has ended. Our mentors often marvel at how the relationship has been mutually beneficial to them as well, so they want to stay in touch!

Will I receive any communication from Momentum?

Our Mentor Coordinator will check in with you twice during your relationship to share a "Check-in" survey halfway through your mentorship, and at the end of your relationship to share our "End of Mentoring" survey. In addition to our communication about the mentoring program, we'll add you to our newsletter so you'll receive up to date information about all of our programming.

What if something happens and I need to pause, stop, reschedule, etc.?

That's okay, life happens. Communicate your needs to your mentor. Based on their availability, discuss next steps. Also, notify the Mentor Coordinator, so she can keep track of your timing