

Meet + Mentor Fact Sheet

Play Like a Girl![®] is a Nashville-based 501(c)3 charitable organization on a mission to leverage the skills gained from sport to build a diverse pipeline of young women in science, technology, engineering and mathematics (STEM). Through summer camps, after-school clubs and sports clinics, we deliver a coordinated, multi-year program through which middle school girls are exposed to inspiring women coaches, mentors and role models, experience practical lessons in leadership, and engage in hands-on STEM education through the lens of a confidence-building curriculum.

Our virtual mentoring program Meet + Mentor matches middle school girls (ages 10-13) with caring adult women who support them in their efforts to develop the academic and life skills necessary to succeed in a STEM career.



Mentor Commitment

While the traditional mentoring model generally emphasizes long-term exposure to a single mentor, Play Like a Girl intentionally follows a group-based co-mentoring model that recognizes the value of short-term, group exposure to a multitude of drop-in mentors. By introducing girls to women from all walks of life, they begin to see more opportunities for themselves while also benefiting from our powerful network of diverse and deeply engaged members and corporate partners.

At Play Like a Girl, we run short, sharp, group sessions for young people to talk through targeted topics designed to build their confidence and leadership skills while preparing them for college and career. Longer term mentorship schemes require that mentors commit to meeting with a small group of dedicated mentees at least 1 hour 15 minutes a week for a minimum of 6-12 weeks. Mentors rotate between guided mentoring sessions with their mentees every week and scheduled skills-building and speed networking events where students get to learn from mentors and mentee groups across the entire program cohort. You choose the mentoring style that works best for your schedule and style.

Roles of a Mentor

Mentors may take on many roles, depending on their mentees' needs and interests:

- ✓ Enhance their mentees' belief in their own potential
- ✓ Listen carefully to their mentees' concerns
- ✓ Advocate for their mentees' needs
- ✓ Open doors of opportunity
- ✓ Have fun doing new activities together
- ✓ Provide academic support
- ✓ Model behavior

Mentor Qualifications

Play Like a Girl mentors must be:

- ✓ Women working in STEM or related fields across all disciplines and sectors.
- ✓ Committed to building a career-focused relationship with a group of 5-7 mentees.
- ✓ Able to act as a role model, source of inspiration and resource person.
- ✓ Open-minded and willing to share and learn.
- ✓ Willing to act as a volunteer under the supervision of Play Like a Girl.
- ✓ Pass background and reference checks.

Ways of Participating

- ✓ Lead a high-impact mentoring workshop, panel discussion, lightning talk or other presentation where you can share your knowledge and expertise with all the mentees and fellow mentors in your cohort.
- ✓ Facilitate a speed mentoring activity, introducing mentees to your career, providing them with the chance to develop and practice their networking skills in small-group mentoring circles.
- ✓ Mentor a small group of girls for 1 hour 15 minutes once every other week for 6-12 weeks. During each session, you and your co-mentor will guide a group of 5-7 mentees through a discussion and activities related to that week's topic.

What Makes Meet + Mentor Different



Mentor Club

Connect with women leaders across the country and expand your professional network. Once you're trained and approved, you'll get an invitation to join our Mentor Club on Slack.



Multiple Mentoring Styles

Facilitate a one-time drop-in session, lead rotating groups in speed mentoring, host a corporate field trip or lead a weekly mentoring circle with a dedicated group of girls. You choose to fit your needs.



Mentee/Mentor Meetups

We provide tools and resources to help our mentors succeed. All approved mentors are trained extensively before being matched to their mentees. Our team is ready to help - wherever you are!

Application, Screening and Training Process

In order to ensure that the volunteers we recruit are suitable matches for the girls we serve, we carefully screen each potential mentor who is required to:

1

Complete the online orientation.

2

Submit an application with references.

3

Pass a criminal background check.

4

Interview with program staff, if applicable.

5

Attend the pre-match mentor training.

Once formally accepted into the program, mentors will meet their mentees!

Ready to mentor?

Start meaningful and inspiring conversations with girls across the country. Join a community of mentors inspiring limitless potential in girls — together in a whole new way.

Questions? Concerns? Please contact:

Phone: (615) 601-1864

E-mail: mentor@iplaylikeagirl.org

Web: iplaylikeagirl.org/mentoring

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