Here's a mock course content outline for a mentorship program. This program is designed to span 12 weeks and cover key aspects of professional development, personal growth, and practical skills. Each week focuses on a specific topic, with activities and assignments to reinforce learning.

Week 1: Introduction and Goal Setting
- **Course Overview**: Introduction to the mentorship program and its objectives.
- **Goal Setting**: Establishing personal and professional goals.
- **Assignment**: Write a personal mission statement and set SMART goals.

Week 2: Self-Assessment and Strengths Analysis
- **Self-Assessment Tools**: Utilizing tools like SWOT analysis and personality tests.
- **Identifying Strengths and Weaknesses**: Understanding your unique skills and areas for improvement.
- **Assignment**: Complete a self-assessment and create a personal development plan.

Week 3: Effective Communication
- **Communication Skills**: Verbal, non-verbal, and written communication.
- **Active Listening**: Techniques for improving listening skills.
- **Assignment**: Practice active listening and provide feedback in a group discussion.

Week 4: Networking and Relationship Building
- **Networking Strategies**: Building and maintaining professional relationships.
- **Mentorship and Peer Support**: The importance of a support network.
- **Assignment**: Attend a networking event or join a professional group online and reflect on the experience.

Week 5: Time Management and Productivity
- **Time Management Techniques**: Prioritization, scheduling, and avoiding procrastination.
- **Productivity Tools**: Tools and apps to enhance productivity.
- **Assignment**: Create a weekly schedule and track your productivity.

Week 6: Professional Development and Career Planning
- **Career Pathways**: Exploring different career options and opportunities.
- **Skill Development**: Identifying and developing key skills for career advancement.
- **Assignment**: Create a career development plan and set short-term and long-term career goals.

Week 7: Leadership and Teamwork
- **Leadership Styles**: Understanding different leadership styles and their impact.
- **Team Dynamics**: Building and leading effective teams.
- **Assignment**: Take a leadership style quiz and participate in a team-building activity.

Week 8: Problem Solving and Decision Making

- **Problem-Solving Techniques**: Creative and analytical problem-solving methods.
- **Decision-Making Processes**: Making informed and effective decisions.
- **Assignment**: Analyze a case study and propose a solution.

Week 9: Personal Branding and Online Presence
- **Personal Branding**: Creating and maintaining a personal brand.
- **Online Presence**: Leveraging social media and professional networks.
- **Assignment**: Update your LinkedIn profile and create a personal branding statement.

Week 10: Financial Literacy and Management
- **Financial Planning**: Budgeting, saving, and investing.
- **Managing Personal Finances**: Strategies for financial health and stability.
- **Assignment**: Create a personal budget and financial plan.

Week 11: Resilience and Stress Management
- **Building Resilience**: Techniques to develop mental and emotional resilience.
- **Stress Management**: Strategies to manage and reduce stress.
- **Assignment**: Practice a stress management technique and reflect on its effectiveness.

Week 12: Reflection and Future Planning
- **Program Reflection**: Reviewing progress and lessons learned.
- **Future Planning**: Setting goals for continued growth and development.
- **Final Assignment**: Write a reflection paper on your mentorship journey and outline your future plans.

Additional Activities
- **Guest Speakers**: Weekly guest speakers from various industries.
- **Peer Reviews**: Bi-weekly peer review sessions for assignments and projects.
- **Mentor Meetings**: Regular one-on-one meetings with assigned mentors for personalized guidance.

This course content is designed to provide a comprehensive mentorship experience, focusing on both personal and professional development.