

Experiences:

"Joan" began the WOC Connections program looking for assistance advancing in her current job. With the help of her Mentor Match, "Joan" has increased her networking, created a more professional wardrobe, and is being considered for promotion.

According to "Joan", "Having a Mentor Match to support me has helped me to begin achieving my dreams."

"Erin" joined the WOC Connections program hoping to find a Mentor Match that would give her lifestyle tips and support. "Erin" says, "I love going to coffee with my Mentor Match on Thursdays. It is a great time to relax and talk about the excitement or concerns of the week."

If you want to walk fast, walk alone.
If you want to walk far, walk together.
-African Proverb

WOC Connections

Mentoring Program



A connection for your walk.

YWCA of Spokane:

930 N Monroe St
Spokane WA 99201

509.326.1190
ywcaspokane.org

Mission:

WOC Connections is a Women's mentoring program that provides career, educational, and personal resources for women in our community. WOC Connections offers a unique opportunity to partner with other women in a way that supports and empowers both women.

Get Connected:

Join us! Get the chance to listen to targeted career advice, work toward financial stability, build confidence, and self-esteem while developing new skills, building networks, and receiving support and guidance from other women.

What is a Mentor Match?

A Mentor Match is someone that you choose. They are a partner that helps you with lifestyle goals and changes. You plan goals together in an area of life that you decide to focus on.



Types of Mentors:

- As a peer.
- As a professional to help you research new careers, find a job, find a better job, or succeed in your current job.
- To support your lifestyle, provide parenting tips, and brainstorm ways to improve your life.

Having a Mentor Match:

You and your Mentor Match will create goals that focus on a specific aspect of life that you want assistance or support with. Your Mentor Match can give you professional help, the support of a peer, or life improvement skills, and you can do the same for them.

Benefits of Mentor Matches:

- Meeting new people
- Outside support system
- Creating connections in the community

Get Involved:

930 N Monroe
Spokane WA 99201

789.9283

opportunity@ywcasokane.org