

# Mentoring Testimonials

**Read about some of the impact the Mentoring program has had on our members**

I have been pleasantly surprised with the openness and authentic nature of everyone that I've met as part of the program. Peers and mentors are genuinely interested in helping each other progress in their career and openly share their personal experiences and challenges.

## **Karmen Conrad, 2x Mentee**

I thoroughly enjoyed connecting with the other mentors and gained valuable insights on how to manage my mentee group home. I also found it rewarding to work with my mentees, both of whom were at crucial stages in their careers, learning to navigate the balance between work and personal life. I hope that I was able to provide them with the best support possible through my flexibility and commitment.

## **Lois Castillo, 2x Mentor**

What sets this program apart is the chance to collaborate with remarkable, accomplished women in an open, candid, and supportive setting. The ability to connect on both a personal and professional level with women whose career paths I aspire to emulate has truly been a game-changer for my own career development. It has shown me that there is a clear path to achieving my career goals and, most importantly, has instilled in me the belief that I am fully capable of reaching them.”

## **Samantha Hardage, 2x Mentee**

The most rewarding gift in Mentoring is reserve mentorship! I love how my mentees provide me with real-time feedback on matters related to work, mental and overall wellness, and being aware of how important making time for yourself. Whenever my mentees have a question about how to hold workplace issues, I also encourage active listening, which has been helpful in developing strong, strategic leaders. I hope I'm making my mentees proud!

## **Veronica Appleton, 13x Mentor**

This was my first time mentoring a group. Even though both were in different careers (HR and marketing) we found common ground with ways they were both looking to advance their careers and set that as a goal to work toward.

## **Karen Pearl, Mentor**



**She  
Runs  
It.**