

MENTORING PROGRAM



Polaris Mentoring

Is a highly regarded one-year program that can help you:

- get a fresh perspective on your career status & your aspirations;
- clarify your next steps;
- set up and reach your goals, both in business as well as in your private life;
- develop yourself.

The program aims to facilitate the exchange of knowledge and experience outside of your regular working environment. It is designed for those who are willing to work on themselves, actively navigate their life and have impact on our society!

You might have experienced mentoring before within your company of employment, but having a mentor who has a different background and comes from another industry can be a life-changing experience.

Who can join the program?

Our program is focused mainly on women that are willing to work on themselves.

It does not matter whether you are at the beginning of your career or already a rather seasoned professional, whether you want to make a career change, become an entrepreneur or are simply "stuck" in your current role and in need of someone to help you determine your status and aspirations.

How can you join?

The 3rd year of Polaris mentoring program starts in January 2019! Registration before the end of November!

60 women and a few selected men will have a chance to be part of it! If you are up to the challenge and would you like to be part of the program, register before the end of November! Let us know what your goals and dreams are and why we shall select you!

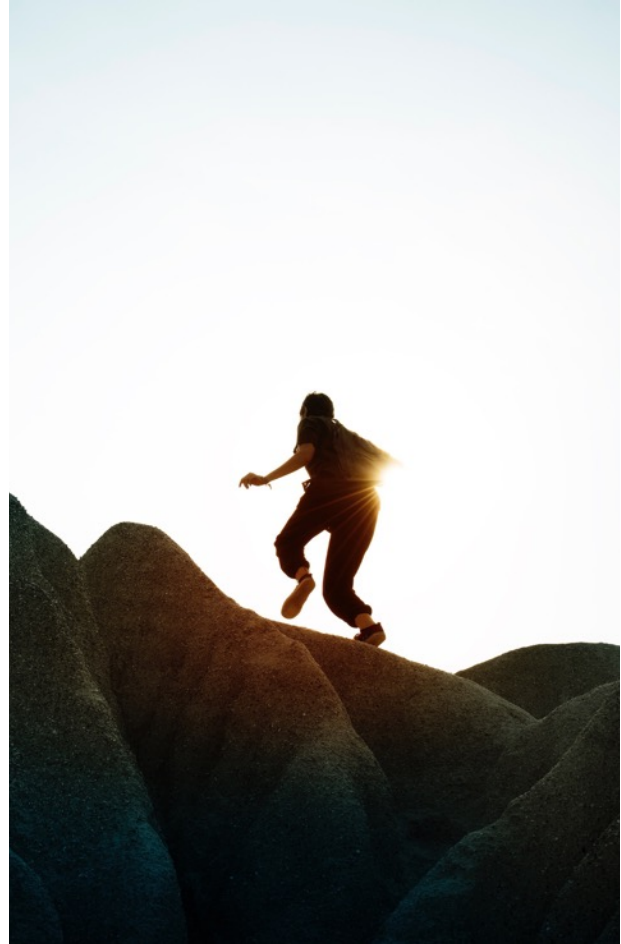
In order to find the right mentor for you, please send the following information to polarisnetwork@outlook.com.

* About you

First name:
Last name:
Gender: f/m
Nationality:
Your email:
Phone number:

* About your work

Company:
Job title:



* Mentoring

1. Please send us your resume.
2. Please send us your photo.
3. Let us know what your objectives of the mentoring program are, what you expect from the program.
4. Please describe how you learn and what your learning style is. Do you, for example, prefer to study theory and then apply it in practice or do you prefer to just dive in and learn by doing? Please either record a video (vlog) or answer the questions # 3 & 4 in writing!

Price for the annual mentoring program: EUR 105, - *)

***) This includes:**

- ✳ Short Mentoring Training
- ✳ Personal Mentoring Sessions with your Mentor (minimum 6 mentoring sessions per year conducted face-to-face, via skype or by phone)
- ✳ 3 Mentoring Events. At each Mentoring Event you will get a chance to meet other mentors and mentees, share your mentoring experience and learn from others, get inspired by our guest speakers or participate in workshops!

The fee will be used to cover expenses related to organisation of the mentoring events and overall administration of the Polaris mentoring program. We are very grateful that our mentors provide mentoring services for free as a contribution to Polaris. Polaris is a non-profit organisation. It operates as a foundation under the name Polaris Stichting.

We have **amazing mentors, both men and women**, ready to help you! Our mentors have various backgrounds; experience and expertise but all of them are experts in their fields. They are ready to listen to you, guide you, and get you out of your comfort zone! Let us introduce some of them:



Renata Mrazova
Global Head of HR NN
Group & Co-Founder of
Polaris



Jos van Snippenberg
Founder of The
Playmakers



Madelein Smit
Non-Executive Director,
Entrepreneur & Start up
Coach

Polaris

is an inclusive network of women and men with various backgrounds and nationalities working in the Netherlands. Our members come from the corporate- as well as the non-profit sector. Some of them work for governmental organisations; others are entrepreneurs, artists and sportsmen.

Besides different backgrounds we have 25 different nationalities represented in our network.

We strive to have a direct impact on women in business and a global impact to empower women in society. We are focused on making difference by bridging the gender equality gap especially in leadership positions.

More information can be found on our website www.polaris-network.net

“Due to mentoring I realised that the issues & challenges I have encountered in the past are not specific to me, but more commonly experienced”