

# Being part of the programme

**T**his programme assists young women aged 18 and 19 years old who are in their first year of tertiary training and early career. M.A.N.A. is a combination of 12 months peer mentoring support along with a series of networking events where women can discuss relevant issues.

*“I enjoyed this programme the most because uni felt so different from high school. Moving out from home and going to uni was a lot to deal with. However, the experiences shared in the café series helped me to understand the changes around me and overcome them using the speakers’ words of wisdom”*

2011 PROGRAMME PARTICIPANT

This year long programme helps young women achieve their educational and personal goals in the year after they have left school. This next phase of their lives is often challenging.

As part of the YWCA's wrap-around support we connect the young women with YWCA resources, peer mentors and with tertiary institutions in Auckland.

## THE PEER MENTORING

The young women are matched with a peer mentor aged between 20 and 25 years old. They are in contact weekly, meet monthly and attend the networking events together.

Having walked similar paths with tertiary or early workforce experience, the mentors are there to listen when there are challenges and are able to talk through issues or suggest support that may be needed.

The Peer Mentors receive training and ongoing support from the YWCA throughout the programme.

### Being mentored on M.A.N.A.:

- 18-19 years of age
- Entering into tertiary or early workforce experience

### Being a peer mentor on M.A.N.A.:

- 20 - 25 years of age (approx)
- Have tertiary or early workforce experience
- Be willing to support another young woman

### The commitment:

- Agree to a minimum 12 month commitment
- Commit to a minimum of monthly contact with their mentor (meetings, email, text, phone, Facebook)
- Agree to attend Active Networking activities provided by the programme
- Willing to communicate and meet regularly with programme coordinator and submit monthly reports.
- Willing to adhere to programme policies and procedures
- A clean criminal history, no use of illicit drugs, or inappropriate use of alcohol or controlled substances

## THE ACTIVE NETWORKING ALUMNI

Invitations to the quarterly networking events are extended to Future Leader graduates, past mentors, YWCA supporters and other interested young women.

*“I’m hoping to learn more about life and to network with other women, who have already accomplished what I hope to in the future.”*

2011 PROGRAMME PARTICIPANT

The young women on the programme chose topics that will help them achieve their goals and aspirations such as dealing with money, exam stress and work/life balance. Speakers are chosen for the broad contributions they make to the discussion.

The YWCA is offering the Future Leader graduates and their programme mentors a place to catch up with each other and a way to stay connected with the YWCA. Future Leaders started in 2002 and the programme is four years long.

The YWCA Auckland is part of a global network of 25 million women leading social and economic change in over 125 countries worldwide.

mentoring active networking alumni