

Mentoring & Coaching Monthly

Volume IX • Issue III • March 2022



Table of Contents

Editor's Letter.....	2
Girls Inc.	3
Strong Women Strong Girls.....	4
Mentoring Girls.....	5
Women's History Month.....	5
Virtual Career Fair.....	6

**Institute Founder
& Executive Editor:**
Nora Dominguez

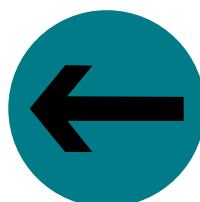
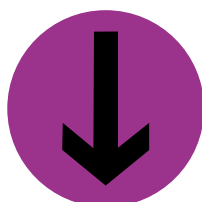
Managing Editor:
Elena Martinez
Jaiden Torres

**"Confidence can be
learned."
—Gale Wichmann**



In This Issue

Welcome back to the March 2022 issue of Mentoring & Coaching Monthly. In this issue we celebrate Women's History Month! Women's History Month is dedicated to honoring women's accomplishments throughout history. Women continue fighting to break the glass ceiling and advocate for equality. Read about how Women's History Month came to be the month-long celebration we know today. Read an article about why it's important for young girls to have mentorships and strong female role models and mentors. Lastly, discover mentoring programs for women that are meant to provide growth in all aspects of their life.

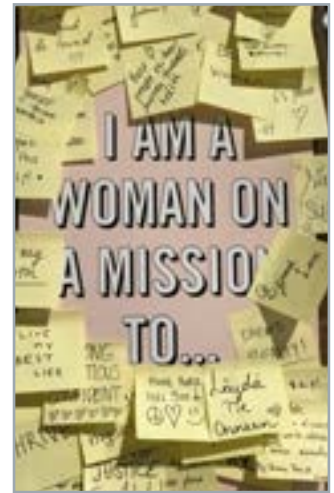


Editor's Letter

Welcome back to Mentoring & Coaching Monthly for our March issue! March is Women's History Month and is dedicated to honoring women's accomplishments throughout history. This year's theme is "Women Providing Healing, Promoting Hope" to honor all the women that have been caregivers.

There are several mentoring programs that strive to help women and young girls succeed. Strong Women Strong Girls is a multi-generational mentoring program that aims to create strong female leaders. The Chica Project aims to empower women of color and give them the skills to thrive personally, academically, and professionally.

Girls Inc. offers advice on how to mentor young girls and how those mentorships can help girls in school and in their future careers. Women are still vastly underrepresented in most fields so having mentorships with women in those fields can inspire young girls to seek them out. With more women as mentors, girls can see strong female role models and then see that strength in themselves. Thank you for joining us for the latest on mentoring and coaching!



Mentoring Programs



Girls Inc.

Girls Inc. is a nonprofit organization that serves girls ages 5-18 at over 1500 sites across the United States and Canada. Originally founded in 1864 to help girls with the aftermath of the Civil War, Girls Inc. has adapted to help women with the specific challenges they face throughout the decades. They partner with many organizations that share their same values and beliefs some of which include MENTOR, STEM Education Coalition, and the American Association of University Women (AAUW).

Girls Inc. uses evidence-based programs with trained professionals to help focus on the development of girls through mentorship and support. Girls Inc. offers healthy living, academic enrichment and support, and life skills instructions programs that aim to help grow girls' knowledge and skills in each of those areas. Girls Inc. also acknowledges the systemic barriers that can affect the conditions that girls grow up in and advocates for several policy decisions that aim to improve girl's quality of life and combats discriminatory barriers. They support education access for girls to pursue all career paths and an increased access to higher education for girls and other underrepresented groups. Along with that, they also support increasing funding for out-of-school learning and mentoring opportunities. They also support

increasing access to mental health and wellness services for students in underrepresented communities. Check out their website to see how to get involved and stand with Girls Inc. to make the world a better place for girls everywhere.

[Read the article here](#)

[Start here](#)

[More information here](#)

Mentoring Programs

Strong Women Strong Girls

Strong Women Strong Girls is a nonprofit organization located in Boston, Massachusetts and Pittsburgh, Pennsylvania that focuses on creating the next generation of female leaders through multi-generational mentoring programs. They have multiple mentoring programs and opportunities for young girls, college women, and professional women.

The young girls attend a 90-minute mentoring session each week during the school year to connect with other girls and a group of college mentors to discuss stories of women from history and today. The girls also attend a college campus tour every year to learn about their academic options for the future. Girls and their mentors can also partake in annual service projects such as anti-bullying campaigns. The college mentors deliver the 90-minute mentoring session to the young girls each week and teach them how to practice skills through hands-on activities. The college mentors meet weekly to discuss their lesson plans and how to build community. College mentors also help host events on their college campus to build a culture that supports women and encourages inclusion. Professional women can get involved in several ways. They can join mentoring groups with a community of college and professional women. They can also do one-on-one mentorships with college women mentees. These mentorship opportunities can help them build their



position as role models and leaders. Professional women can also volunteer at the events or field trips for the younger girls and participate in development and networking events.

Check out their website to find out how to get involved with Strong Women Strong Girls!

Girls' program

College program

Women's program



Tips and Tricks

Mentoring Girls



[Read the article here](#)

[More information here](#)

Mentors are meant to give advice and guidance to people. Mentoring relationships are of great value to everyone, but they can be especially important and useful to young girls. Mentorships can be a vital component in helping young girls realize their potential and assist them in achieving their goals. Female role models and mentors can help shape young girls into the strong leaders of tomorrow and build long-lasting and trusting relationships with them.

Having strong female mentors gives representation to young girls in a variety of career paths and roles. While there have been significant strides in making progress towards more female representation in typically male dominated fields, women are still vastly underrepresented in almost all fields. Women only make up 27 percent of Congress, 28 percent of the workforce in STEM fields, and only 8 percent of Fortune 500 CEOs. Having mentorships with other women can help young girls explore various career and educational interests.

We must start embracing girls at a young age and tell them to follow whatever path they please, regardless of what society expects them to do. Girls should be encouraged to pursue their interests without any limits to what career or passions they can pursue. When girls see a strong, positive female mentor in a career or field they are interested in, it further encourages them to pursue it and feel encouraged.

This Month

Women's History Month

Women's History Month is a month dedicated to women's accomplishments throughout history. The celebration of Women's History Month originally began as a weeklong observation of women's history and culture in 1978. In 1980, the week of March 8th was declared as National Women's History Week. Then, in 1986, Women's History Week expanded to Women's History Month. March 8th is International Women's Day. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme celebrates the caregivers and frontline workers that have worked tirelessly through the ongoing pandemic and women throughout history that have provided healing and hope. It's also the time to celebrate the women who have made a difference in your life. Whether it's a mom, sister, grandmother, friend, teacher, or mentor, let them know how much they mean to you. Join us in celebrating women and the contributions they have made throughout history and continue to do so today!



*"In order to be
a mentor, and an
effective one, one must
care. Know what you know
and care about the person, care
about what you know and
care about the person you're
sharing it with"*
-Maya Angelou

History

Article here

MENTOR

This Month

Virtual Career Fair

UNM Alumni Association invites you to the 2nd Annual Spring Virtual STEM Career Fair, moderated by Boomerang New Mexico! Find your dream employer from the comfort of your own home at our Virtual Fair on April 21st at 9am MT. Grab your coffee and join us virtually as we meeting hiring managers from Tech, Biotech, Space, and manufacturing industries of New Mexico.

The half-day event will have 3 sessions showcase a different industry and will include a presentation from the company rep followed by breakout rooms where candidates can meet with hiring managers in small groups.

Additionally, the UNM Alumni Association is sponsoring 2 Resume-Building Workshops on April 7th and April 14th. These are small group sessions aimed to get your resume ready to share at the Fair! Spots are limited so be sure to sign up when you register for the event (same link).

Don't hesitate to reach out if you have questions or have companies you would like to meet with. We are here for you!



2nd Annual VIRTUAL CAREER FAIR **UNM ALUMNI**

UNM Alumni Association invites you to meet with hiring managers from the top STEM employers in New Mexico!

**9 AM - 2 PM
21 APRIL
2022**

SAVIA NATIONAL LABS Albuquerque, NM
BS21 Big Data - Albuquerque, NM
NTX (BIO) Biologics - Rio Rancho, NM
TORC Robotics - Albuquerque, NM
UBIO Tech - Los Alamos, NM

FREE Resume-Building Workshops
**APRIL 7
APRIL 14**

EVENT DETAILS

- 15+ STEM Employers
- Presentations followed by breakout rooms
- Fully Virtual
- FREE for UNM alumni + students
- Access to pre-event Resume workshops
- More information on the registration page

Register Here

<https://stemboomerang.org/stem-career-fair-22/>
info@stemboomerang.org

Moderated by: **Boomerang New Mexico**

Register here