

YEPN Networking & Mentorship Program

Program Overview

Thank you for taking interest in the YEPN Networking & Mentorship program. Our vision is to create an inclusive, voluntary community to empower career development through professional networking, connection, coaching and mentoring: one-on-one and in groups.

Through this network, we hope that you can:

- Connect and sustain meaningful relationships with colleagues, future peers, senior leaders, energy professionals
- Achieve developmental goals and advance knowledge base, learn skills, gain new perspectives
- Be a coach/mentor and/or a mentee

Program Structure

Program Duration: **January - October 2024**

Approximate Time Commitment: **10 Hours**

Program Values

Fairness & Respect

Foundational element that is underpinned by the ideas about equity of treatment and opportunities.

Value & Belonging

Individuals feeling that their uniqueness is known and appreciated while also feeling a sense of social connectedness and group membership.

Confidence & Inspiration

Creating the conditions for high performance through individuals having the confidence and motivation to do their best and achieve their aspirations.

Activities

One-on-One Mentoring

Create a development plan and get paired with a mentor in the industry. Mentors can share their career story, career aspirations, job profile, technical expertise, industry knowledge, passions etc. and help guide you through your own developmental journey.

Networking and Workshops

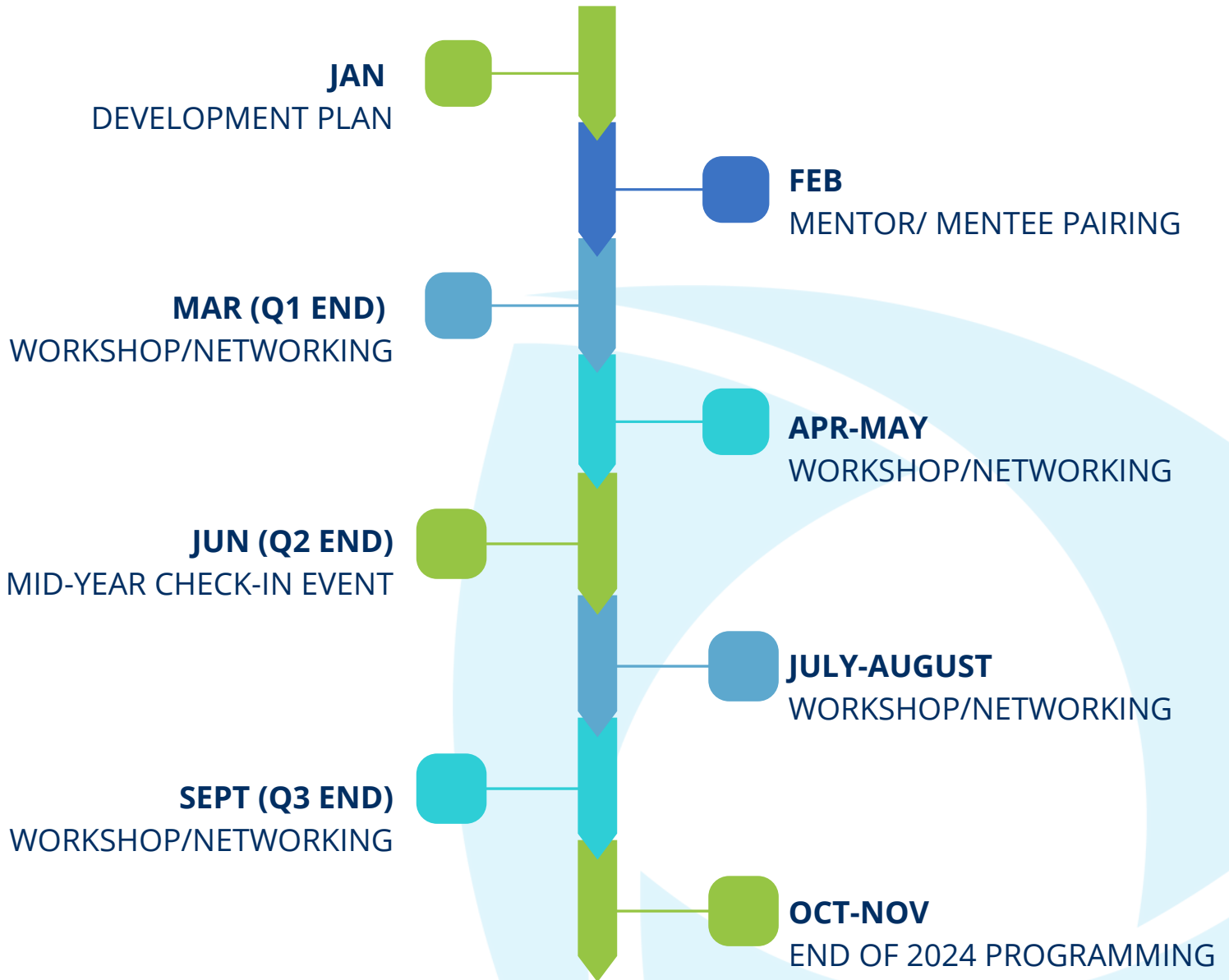
Anchor events will be planned and held throughout the duration of the program as interest or opportunities arise. The focus of group networking and workshop activities will be catered on specific topics, developmental goals and learning objectives of participants. Feel free to bring your mentors along!



2024 TIMELINE OF EVENTS

SEPT-NOV 2023

MEMBER SIGNUP AND ROLLOUT



SIGN UP HERE!



Lens Required for a Successful Mentorship Relationship

Our goal is for your mentor/mentee relationships to be fulfilling and beneficial for all involved. Here is the lens we ask that you enter this relationship with to lead to an effective and productive relationship.

Empathy: Understand Frame of Reference

- Listen patiently
- You need not agree, you only need to understand; show that you accept their status and feelings
- If they did not state how they feel, ask them how this makes them feel

Absolute Positive Regard: Acceptance and Non-Judgement

- Judgements are based on limited exposure, limited info and assumptions and influenced by personal bias/experiences
- Provide the individual with respect and space knowing there is more information
- Get curious and discover what else is contributing to the situation

Authenticity: Real and Trusted

- Authentic leaders are self aware of their strengths as well as their limitations
- Show their real selves to their team and family; being the real you sends a message that others can also be real
- Mistakes and weaknesses are not hidden out of fear of looking weak or incompetent but instead can be a platform for learning and growth

Why Mentor the Young Energy Professionals Network?

Being a voluntary Mentor in the YEPN Networking & Mentorship program means you would be open to sharing in some capacity in any one or a combination of the following: Your career story, career aspirations, job profile, technical expertise, industry knowledge, passions etc. with other members of the YEPN.

- Become a better leader
- Discover and develop future talent
- Expand influence as a subject matter expert and be recognized as an advisor
- Achieve own personal and development goals
- Enhance facilitative leadership and communication skills
- Strengthen lessons you have already learned and improve transfer of knowledge