



**Forestry**  
Sector Council



# Women in Forestry Mentorship Program

Mentee Handbook

## Welcome

Welcome to the **Women in Forestry Mentorship Program!** You're joining a supportive network of women working to grow, lead, and thrive in all areas of forestry. This handbook will help you get the most out of your mentoring experience by outlining what to expect, how to prepare, and how to build a meaningful connection with your mentor.

---

## Program Overview

### **Mission:**

To support the growth, confidence, and leadership of women in forestry through one-on-one mentorship, shared learning, and professional connection.

### **Program Duration:**

3 to 6 months (flexible based on your goals and availability)

### **Meeting Frequency:**

Recommended every 2–4 weeks, virtually or in-person

*Your mentor will work with you to determine what fits best.*

---

## Mentee Role and Responsibilities

As a mentee, your role is to take an active and open approach to your own growth. You are encouraged to:

- Come prepared with questions, updates, and goals
- Take initiative in scheduling and setting agendas
- Be open to feedback and new perspectives
- Reflect on what you learn and how to apply it
- Respect your mentor's time, experience, and boundaries
- Keep conversations confidential and professional

Remember: this is your journey. Your mentor is here to support you, but you are in the driver's seat.

---

## Getting Started

### **In Your First Meeting:**

- Share your background, interests, and goals
- Discuss communication preferences (email, phone, video, etc.)
- Set expectations for how often and how long you'll meet
- Begin identifying areas you want to work on
- Complete a mentorship agreement (if provided)

### **Topics You Might Explore:**

- Career planning or transitions
  - Fieldwork, safety, and seasonal work
  - Navigating gender dynamics in forestry
  - Building confidence and leadership skills
  - Networking and visibility in the industry
  - Work-life integration and wellbeing
- 

### **Tips for a Great Mentorship Experience**

- **Be Curious:** Ask questions, seek advice, and explore new ideas
  - **Be Honest:** Share challenges and wins—this builds trust
  - **Be Open-Minded:** Growth often happens outside your comfort zone
  - **Be Grateful:** Acknowledge your mentor's time and support
  - **Be Reflective:** Take notes and think about how to apply what you learn
- 

### **Support & Resources**

The program team is here to support you. Reach out if you need help, want to switch mentors, or need additional tools.

**Program Coordinator:** Ariel Durning

**Email:** mentorshipl@forsec.ca

**Phone:** 902-893-9582

**Website/Portal:** [www.forsec.ca](http://www.forsec.ca)

Additional tools may include:

- Goal-setting worksheet
  - Meeting prep checklist
  - Monthly reflection log
  - Feedback form
- 

## **Thank You**

Thank you for joining the Women in Forestry Mentorship Program. This is a space for connection, growth, and empowerment. Your voice, experience, and future matter—and your decision to participate in this program is a step toward shaping a stronger, more inclusive forestry community.

You belong here. Let's grow together.