



Forestry
Sector Council



Women in Forestry Mentorship Program

Mentor Handbook

Welcome

Welcome to the **Women in Forestry Mentorship Program**! We are honored to have you join our community of mentors dedicated to empowering, guiding, and uplifting women in the forestry sector. Your experience, leadership, and support will help shape the future of this industry and the next generation of professionals.

Program Overview

Mission:

To support the growth, confidence, and leadership of women in forestry through structured mentorship, shared learning, and strong professional networks.

Program Duration:

3 to 6 months (flexible based on participant needs and availability)

Meeting Frequency:

Recommended bi-weekly or monthly

Meetings may be in person or virtual, depending on geographic location and preferences.

Mentor Role and Responsibilities

As a mentor, you will:

- Foster a safe and inclusive space for open conversation
- Help your mentee define personal and professional goals
- Share knowledge, tools, and real-world experiences
- Offer encouragement, constructive feedback, and support
- Promote confidence, resilience, and leadership
- Maintain confidentiality and uphold professional respect

Your role is to be a **guide**, **listener**, and **advocate**—not to provide all the answers, but to walk alongside your mentee as they discover their path.

Getting Started

In Your First Meeting:

- Get to know each other personally and professionally

- Discuss communication preferences and availability
- Set expectations and boundaries
- Identify initial goals or areas of focus
- Complete a mentorship agreement (if provided)

Suggested Discussion Areas:

- Career planning and transitions
 - Navigating a male-dominated industry
 - Fieldwork and safety
 - Work-life integration
 - Technical skills and certifications
 - Confidence, leadership, and visibility
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Mentorship Best Practices

- **Be Present:** Show up prepared, focused, and without distractions
 - **Be Open:** Share your story—including challenges and lessons learned
 - **Be Encouraging:** Celebrate milestones and normalize setbacks
 - **Be Curious:** Ask thoughtful questions and listen actively
 - **Be Respectful:** Honor your mentee's unique background and choices
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Program Support & Resources

We are here to support you throughout this journey. Please contact the Program Coordinator for any questions, concerns, or additional materials.

Program Coordinator: Ariel Durning

Email: mentorship@forsec.ca

Phone: 902-893-9582

Website/Portal: www.forsec.ca

Optional resources may include:

- Goal-setting worksheet
 - Monthly check-in template
 - Reflection and feedback forms
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Thank You

Thank you for investing your time and energy in this meaningful work. Your mentorship helps create a more inclusive, diverse, and resilient forestry community. You are not just shaping one career—you are helping shape the future of forestry for women everywhere.

Together, we grow stronger.