



WISE
睿動香港

S.H.E. 2022 Mentoring Program October-December 2022

Sport. Health. Empowerment.

About the program

Women In Sports Empowered Hong Kong Limited (WISE), a registered charity with the vision of building a world where women and girls can thrive without limitations.

WISE is launching S.H.E. Mentoring Program for the 2nd year. This program matches female working adults with female students, fostering the one-to-one relationship between mentors and mentees with physical activity as a key component of the relationship.

What makes us different ?

A 3-month program comprising 6 sessions of workshops & physical activities. Each session will run for 3 hours. Please refer to Program Curriculum for details.

We support students to develop a deeper self-understanding, mental resilience and a various of transferrable skills.



5 Things to Expect in the Mentoring Program

- 1 Develop greater self-understanding and discover yourself on a professional and personal level
- 2 Build a keen friendship with a group of students and establish 1-on-1 relationship with your mentor
- 3 Commit to the program through active participation
- 4 Enhance competencies and transferable skills
- 5 Receive a Certificate of Completion and internship opportunity to celebrate your hard work



S.H.E 2022 Mentoring Program Curriculum

Session	Date	Workshop Topics & Sports Activities
1	8 October (Saturday)	<ul style="list-style-type: none"> • Introduction to WISE & the Program • Ice-breaking and get to know each other • Hiking • Welcome Lunch
1-on-1 Mentor & Mentee Meet-up		
2	22 October (Saturday)	<ul style="list-style-type: none"> • Panel Discussion on how sports helped female career development • Team Sports (i.e. basketball)
1-on-1 Mentor & Mentee Meet-up		
3	5 November (Saturday)	<ul style="list-style-type: none"> • Workshop on Goal Setting & Self-understanding • Team Sports (i.e. basketball)
1-on-1 Mentor & Mentee Meet-up		
4	19 November (Saturday)	<ul style="list-style-type: none"> • Workshop on Mental Resilience • Strength Training (i.e. weight-lifting, boxing)
1-on-1 Mentor & Mentee Meet-up		
5	3 December (Saturday)	<ul style="list-style-type: none"> • Workshop on Women's Health • Strength Training (i.e. weight-lifting, boxing)
1-on-1 Mentor & Mentee Meet-up		
6	10 December (Saturday)	<ul style="list-style-type: none"> • Final Sharing by Mentors & Mentees • Yoga • Graduation Lunch

* Estimated duration of each session is 2.5 hours. Workshop topics and sports activities may be subject to change depending on circumstances such as weather and speakers availability.

* The 1-on-1 meeting is self-organized and you have the autonomy to meet in-person and/or online. Mentors and mentees are expected to connect at least once in between each Saturday group workshop; each meeting is recommended to be 1 hour.



Apply Now



Applications Deadline:

Round 1: 29 July 2022 (Friday) at 23:59 (HK Time)

Round 2: 19 August 2022 (Friday) at 23:59 (HK Time)



Free-of-charge

Scan to Apply



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