



Getting Started

You're officially a FIVE mentor! Here's what to expect in the coming weeks:

1. Become familiar with FIVE's program through its training and onboarding materials.
2. Connect with FIVE staff who will support you throughout the next few weeks as you get ready to meet your mentee and beyond.
3. If you haven't yet, download the FIVE app and become comfortable using the interface. (Can't login? Email Mentorhelp@thefivenetwork.com)
4. The best part- Get matched with your awesome FIVE mentee and begin to get to know each other through conversation and prompts in the FIVE app.
5. Log in to the app for 15 minutes each week:
 - Check for and respond to any new in-app text and video messages from your mentee
 - Engage with the FIVE content and use tips from FIVE staff to guide your conversations
6. Set up your first FIVE zoom call through [Calendly](#) and get some "face to face" time with your new mentee.
7. Continue to receive updates and helpful tips from FIVE staff.
8. And always reach out to mentorhelp@thefivenetwork.com if you have any questions along the way.

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What to expect in the first week/month after matching?

- **Chat and get to know your Mentee:** FIVE will facilitate in-app messages between you and your mentee so you can start to get to know each other. Keep it light and fun! This is a new experience for both you and your mentee so take the time to build a trusting foundation for your relationship.
- **“Meet” your Mentee:** Video calls will help build the foundation of your mentor/mentee relationship, so get on a video call with your mentee to have some quality Face-to-face time. Even if it’s just for 10 minutes, it’s a great way to start building trust!
- **Create Goals:** What do you hope to get out of FIVE and this experience? Determine your own personal goals to help guide your work and begin talking to your mentee(s) about their goals. What do they hope to get out of this program and this relationship?
- **Connect with your FIVE support team:** Lean on your FIVE team to answer questions and help you out as you navigate the early stages of the relationship.
- **Enjoy the journey:** Remember to have fun while connecting with your mentee and sharing your experiences!