



Honoring Women Worldwide™
Uniting Women Globally to Thrive in Our World

The Art of Honoring Leadership Development College Mentoring Program *Mentee Reflection*

The opportunity to be a mentee at Honoring Women Worldwide was one that I underestimated simply because I did not feel there was much more to learn. I was undertaking my second Master's degree and I figured I would satisfy my curiosity then move on to other things.

I am glad I was curious, because the experience, partnership, friendship and bridges I have built through this single gesture is life changing. For the first time in my life I appreciated myself, paid attention to myself, improved my communication skills and most importantly forgave myself and began to honor myself. This is something that was not on any curriculum in any course work I had ever taken.

I was required to create a personal development plan with fixed timelines that actually helped me achieve many goals that I had procrastinated over, chiefly because of self-defeating excuses I made up in my mind. Two main achievements from this exercise, was getting a job and getting accepted into the University of Minnesota Law School.

Another very important piece of this process was assigning me a Mentor. The lady I was privileged to be assigned to is very hard working and dedicated in her work, yet she committed herself wholeheartedly to this program and me. She was and still continues to be interested in all aspects of my welfare and genuinely worked hard to make sure I succeeded. During the period I went through some health challenges and she would visit me at home and in the hospital just to make sure I was alright and was not missing anything. I did not only get a mentor, I found a great friend who I still continue to stay in touch with.

I hope that someday I can pay this good fortune forward, by returning to Honoring Women Worldwide to help develop other women the same way I was.

-Bernadette Conteh, 2014/2015 Mentee



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Benefits for Student Mentees:

Leadership Development

- Develop professional skills
- Develop skills and strategies to successfully resolve conflicts

Networking

- Form valuable networks
- Enrich and deepen dialogue among female leaders of all ages, stages, and walks of life

Create a Roadmap to Success

www.honoringwomenworldwide.org

651.730.0900 • info@honoringwomenworldwide.org