

Introduction

Empowering Girls was founded in 2019 and was officially launched in Spring 2021. A pilot programme was delivered across schools in and around Exeter, partnering inspiring women with Year 9 girls (aged 13-14) to build confidence and help them expand their aspirations.

Feedback from the pilot indicated that both mentors and mentees found the programme to be a rewarding and valuable experience.

The programme involves six planned mentoring sessions, with topics such as 'Who Inspires You?' and 'How to link your skills and abilities to what you love doing' to allow the mentee to explore future pathways and develop their confidence to achieve their career goals. By partnering mentees with successful women in a wide variety of fields, the girls can build a one-on-one relationship with a role model that can help them reach their potential.

Key aims

1. **Shatter stereotypes and instil self-belief, a positive mindset and positive language**
2. **Introduce girls to female role models within a wide range of industries and sectors**
3. **Inspire and challenge girls to pursue their ambitions with confidence**
4. **Give girls access to knowledge, tools, skills and support to overcome their barriers to success**

The Empowering Girls programme is managed by the Devon, Plymouth & Torbay Careers Hub with support from founder, Sarah Abrahams and a network of mentors. The programme has grown from strength to strength; it has attracted funding enabling the team to offer additional activities to schools and deliver celebration events to bring mentors and mentees together at the end of the academic year. We aim to grow our network of mentors, allowing us to reach a wider cohort of schools and girls all across Devon, Plymouth & Torbay.

Role of a mentor

- Commit to 1 full academic year
- Attend an induction and undertake preparation work for mentoring sessions
- Undertake mentoring programme, including any safeguarding training as agreed with the school.
- Provide pre and post-mentoring feedback.
- Where availability allows, support group sessions and workplace visits.

Mentoring follows the eight Gatsby benchmarks of good career guidance: [Good Career Guidance | Education | Gatsby](#). Mentors are encouraged to bring their own unique style of mentoring based on professional background, interests, and hobbies.

If you would like to sign up or have any queries, please email empoweringgirls@devon.gov.uk

You can view the welcome video by clicking [here](#) and videos from some of our existing mentors can be found on the Inspiring Girls YouTube channel.

We also have a [LinkedIn page](#) where you can find out more about some of our previous activities.

We look forward to welcoming you as part of the Empowering Girls Team!