



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; we would love your school to be involved!

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.

Role of a school coordinator

For your school to be involved in this programme we ask for the following:

- Understand the aims and scope of Empowering Girls.
- Engage suitable girls in the programme, brief them, seek parental approval.
- Host mentoring briefing session, brief on safeguarding and procedures.
- Match mentors and mentees.
- Ensure mentees undertake prep work and present mentees with their booklets (provided)
- Provide dedicated space and time for mentoring sessions, meet mentors at reception & support the visit
- Collate and share positive stories of impact with mentors and project team.

If your school would like to get involved or if you have any queries, please email empoweringgirls@devon.gov.uk

Please visit our [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!