

GLOW UP, SISTER PRESENTS

GLOW UP, SIS

Mentorship, Sisterhood & Community



WEEK 1: WELCOME AND ORIENTATION

LEAD MENTOR: TATENDA NYANYIRA

Glow Up, Sis Mentorship Program – Week 1 Worksheet

Week 1: Welcome and Orientation

Lead Mentor: Tatenda Nyanyira (Author and Founder of Glow Up, Sister)

Objective:

Welcome to the first session of the Glow Up, Sis Mentorship Program! This week, we're focusing on introducing the program, getting to know each other, and creating a safe, inclusive space where you can be yourself.

This worksheet will guide you through key activities and reflections as you start your journey with us.

1. Icebreaker Activity: Get to Know Your Sisters

In this exercise, you'll introduce yourself and get to know your fellow participants from around the world.

- **Your Name:**
 - **Where are you from?**
 - **What's one fun fact about you?**
 - **What are you most excited to learn or achieve during this mentorship program?**
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2. Group Norms & Expectations

It's important to establish some guidelines that will help create a safe and supportive environment for everyone.

- **List 3 group norms or guidelines you think are important to ensure a respectful and positive space for all participants:**
 1. _____
 2. _____
 3. _____
 - **Why do you think these norms are important?**
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3. Reflection: Tatenda's Story

During the session, Tatenda will share her journey and vision for Glow Up, Sis. Take a moment to reflect on what stood out to you.

- What part of Tatenda's story resonated with you the most, and why?

- How do you see yourself applying some of the lessons from her journey to your own life?

4. Goal Setting for the Program

Setting goals will help you stay focused throughout the program and measure your personal growth.

- What are your top 3 personal goals for the Glow Up, Sis program?

1.

2.

3.

- What challenges do you think might come up, and how can you overcome them?

5. Journal Prompt: Your Journey Begins

Take a few minutes to reflect on where you are in life right now and where you hope to go. Use this prompt as a space for personal reflection.

- What does "glowing up" mean to you?

- Where do you see yourself growing the most by the end of this program?

6. Takeaway: Digital Journal & Program Schedule

Make sure you have downloaded:

- **Your Digital Journal** – Use this journal for weekly reflections and note-taking.
 - **Program Schedule** – Familiarize yourself with the topics and mentors for the upcoming weeks.
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Final Thought:

“This is the beginning of your glow-up journey. Be open, be kind, and most importantly, be yourself.”

Next Steps:

- **Complete this worksheet** before our next session.
 - **Bring any questions or thoughts** to share in next week’s meeting.
 - Remember, this is a safe space—let's grow and support one another on this exciting journey!
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See you next week!