

MENTORSHIP PROGRAM 2018-2019

In co-operation with and professionally coached
by Mercuri Urval

Kick Off: October 23, 2018

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What makes the difference between a career that thrives and one that stalls? For many in the business world, it's a Mentor.

The Swedish Chamber of Commerce and Young Professionals Mentorship Program was launched in October 2012. It strives to provide participants with the opportunity to grow in their careers and to enrich their personal developments by exchanging experiences, views and knowledge. By utilizing the Chamber's extensive network of international business leaders, the program offers Young Professionals a unique Mentor experience.

In this document we give you an introduction to the program.
At the end you will find the application form.

Last day
to apply:
**Oct 1
2018**

The Swedish Chamber of Commerce and Young Professionals Mentorship Program 2018 - 2019

The Program

The highly successful year-long program, led by Wilma Buis, Mercuri Urval, includes one-to-one sessions, seminars and workshops. It is designed for Young Professionals between 25 and 36 years old with high ambitions to develop and grow. The ideal Mentee has a few years of work experience and knowledge of managing and executing projects.

One-on-one Meetings

One-on-one meetings are encouraged to take place once every six weeks, offering opportunities for in-depth discussions while creating strong personal bonds. There will also be a possibility for personal meetings one-on-one at the seminars and workshops.

Seminars and Workshops

4 mandatory seminars are scheduled from October 2018 until April 2019 to guide you through the Mentorship Program, and to help you reach your goal for personal growth and development, as well as to share experiences and insights with others and building on your business network.

Program Kick Off

October 23, 2018 at the Epicenter Amsterdam, Fred. Roeskestraat 115-123, 1076 EE, Amsterdam.

To Apply

Fill out the application form on the last pages of this brochure or download the application form at www.swedishchamber.nl.

For further information, please email info@swedishchamber.nl.

Final Date for Application

October 1, 2018

Fee

The participation fee for Mentors and Mentees for the Mentorship Program 2018-2019 including 4 seminars/workshops, workshop material and final dinner Euro 30.00 p.p.

Who?

The Swedish Chamber of Commerce and Young Professionals Mentorship Program is open to all members and encourages both Mentors and Mentees to register.

With this program, in co-operation with Mercuri Urval, the Swedish Chamber of Commerce is supporting the next generation's leaders by connecting Mentees from the Young Professionals with Mentors from the Chamber's extensive network of international leaders, for the benefit of personal development and to increase your professional business network with inspirational and exciting new keypersons.

Why?

In addition to helping you define your professional development path, a Mentor can help you deal with the everyday concerns in the daily work life. While one should never blindly follow in the footsteps of others, the lessons learned from others experiences and missteps can prove invaluable.

How?

The Mentor/Mentee couples will be selected carefully according to the application forms by the Swedish Chamber of Commerce in close co-operation with the program leader. After Mentors are paired up with Mentees, both Mentors and Mentees are participating at the four scheduled workshops and seminars throughout the year both as individuals and as a couple. At these seminars and workshops time is also included for one-on-one meetings between the Mentor and the Mentee.

When?

The Swedish Chamber of Commerce and Young Professionals Mentorship Program is a 6-month program consisting of 4 mandatory seminars, including a final evaluating and closing meeting, from October 23, 2018 to April 25, 2019.

In between the mandatory meetings, the participants are encouraged to plan one-on-one meetings in person or via Skype.

What?

During the whole year you will learn about the benefits of having a Mentor or being the Mentor to a Mentee and how to get the most out of a Mentorship relation. You will also build on your (business) network within the Swedish Chamber of Commerce and get to know and share ideas with other members both from the Swedish Chamber of Commerce and YP Young Professionals.

Time Schedule and Program Details

1. October 23, 2018

Introduction and speed dating

During the first meeting, the Kick-Off you will meet your Mentor/Mentee and you will get introduced to the Mentorship Program. The Program material will be supplied including a Mentorship agreement. At this first meeting you will as Mentee receive the book *The Strength Finder* with a personal code to conduct your own personal strength finder test, which will be used throughout the program to better define your goals and set up you plan. At the Kick-Off we will also have our Kick-Off Speed Dating session to get to know each other better and to make it possible to start to build your business network from day 1.

2. December 4, 2018

Personal development

During this workshop we will increase our insight in the impact we have (or not have) with our way of behaving in our professional environment. We will work with the core quadrant methodology and use your core competences and strengths from *The Strength Finder* to make the exercise practical and personalised.

3. February 7, 2019

International Business Culture and networking skills

4. April 25, 2019

Final dinner - Your career and development: reflections, plans and actions

We have the Final Dinner and the evaluation of the Program. We will reflect on what we have learned, what changes have taken place and the lessons we learned for the future. We will have a Q and A with the group on how to apply for new jobs, how to grow and do's and don'ts in your professional life.

What Are the Benefits?

MENTOR

- Beyond your daily work, the satisfaction of making a difference by helping an aspiring young professional achieve his or her goals in a simple and practical way.
- Share some of your life and business experience, provide a listening ear and help shape the global business leaders of tomorrow.



Marcel Damen, Ericsson, has been a Mentor at our program:

“Being a mentor is an excellent opportunity to stay in touch with the younger generations, that are just exploring the labour market. It gives you insight in what drives young people and often the differences are amazing compared to your own experiences from the past.

At certain stages you could question whether it is really the generation that changed over time, or whether the changes are just significant in the stages of their lives.

The sessions I had with my mentee gave me a good insight in what is important to attract young people for corporate enterprises, but also for the mentee to understand how to position yourself as a youngster in a corporate enterprise.

I can recommend these kind of mentorships for everyone active in multi-generation environments. It will make life much easier in understanding each other.

What Are the Benefits?

MENTEE

- An opportunity to have an external sounding board, listener, supporter and advocate. Discussing topics ranging from personal development and leadership questions, to career progression and managing conflicts, to effective networking and how to balance work/life.
- Help to increase confidence and leadership skills.



Magnus Nolgren participated as a Mentee in the Mentorship Program 2016-2017:

“As many others moving to a new country, I left job, apartment, colleagues along with so many other things. Even though the cultures and countries seem to be alike on the surface, there were still challenges I faced looking for a new career in a new country.

Even before I left Sweden I signed up to become a member of the Young Professionals, and since I had experience from setting up Mentorship programs I felt it was a great opportunity to join the one provided by the Swedish Chamber of Commerce. Why not, right? I was provided with tools and people to support my personal and career development.

For me it was a no-brainer to sign up, even though I didn't know what to expect in terms of quality and outcome. The first session was way above my expectations. High level on both the mentors and the mentees, well arranged and just a friendly and open atmosphere with people sharing the same ambitions with yet completely different backgrounds.

So what about the outcome? I am in the line of work where I want to be thanks to a joint effort with my mentor. I gained great insights and perspectives (thank you Marcel) which I will carry with me into future jobs, assignments and in my private life. I have extended my network enormously, had great fun participating in both one-on-one sessions and the group sessions.

So, to summarise, this is an amazing opportunity if you:

- want to invest in your personal development/career development
- want to expand your professional network

Take away: Sign up!”

Program Coach

Wilma Buis, Managing Director Mercuri Urval



Wilma Buis works since 1988 at Mercuri Urval and since 1998 she is Managing Director of the Dutch branch. During her career she has build up extensive experience in consultancy in many sectors of the business world on the interface of human behavior and business results. She herself is active as consultant for a number of clients in technology, professional services and retail and consumer products.

Her main areas of advice are Executive Search, Executive Coaching and Talent Management.

Mercuri Urval is a leading international Executive Search and recruitment company with proven expertise in selection. They are working with over 3,000 clients in more than 50 countries each year. Mercuri Urval is the first choice for every organisation seeking improved results through increasing the performance of their people. "We do it by understanding what people can do, and connecting it to what organisations need to do. Our Executive Search, Recruitment and Talent Services prepare organisations and people for future success."

Find out more at www.mercuriurval.com.

The Swedish Chamber Mentorship Program 2018-2019 is sponsored by:

Inter IKEA Systems B.V. 

The Swedish Chamber and Young Professionals Mentorship Program Application Form

Please complete and send to the Swedish Chamber of Commerce **before October 1, 2018**. All your responses are kept strictly confidential.

I am applying as a: Mentee Mentor

Name: _____

Company: _____

Email: _____

Phone: _____

Mobile: _____

Date of Birth: _____

Title/Position: _____

Industry/Organization: _____

Number of years of experience: _____

MENTOR

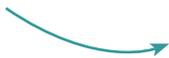
Have you already experienced being a Mentor in other organizations?

Yes No

If yes, which organization/company: _____

How long were you a Mentor?: _____

What specific knowledge, experience and skills can you bring as a Mentor?



What is your current role? _____

In which organization/company? _____

What is your motivation to apply as a Mentor at the Swedish Chamber of Commerce Mentorship Program?

MENTEE

Why do you apply for this menteeship? _____

Have you already experienced being a Mentee in other organizations?

If yes, for how long did you have a Mentor? _____

Which are the 3 main topics for you to discuss with your Mentor?

Other comments or requests:

____ Yes, I am aware of the terms of the Mentorship Program, which means a six-month commitment from October 2018 until April 2019, including 4 mandatory seminars in combination with regular one-on-one meetings.

The participation fee for Mentors and Mentees for the Mentorship Program 2018-2019 including 4 seminars/workshops, workshop material and final dinner Euro 30.00 p.p. to be transferred to the Swedish Chamber of Commerce before the start of the Mentorship Program October 23, 2018. You will receive an invoice after the registration form has been received by the Chamber.

Date and Signature

Swedish Chamber of Commerce, De Ruijterkade 5, 1013 AA AMSTERDAM, Tel: 020 3203226, Fax: 020 6240777
yp@swedishchamber.nl, info@swedishchamber.nl, www.swedishchamber.nl

To be able to join our program, please send your application by fax or email no later than **October 1, 2018.**