



Dear daughter,

THEGIRLLAB.COM

How To Talk To Your Teen Daughter About Mentorship In 3 Easy Steps

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STEP ONE:

LET YOUR DAUGHTER
KNOW THAT YOU ARE
ALWAYS THERE FOR
HER. BUT YOU ALSO
UNDERSTAND THAT
SHE NEEDS MORE
SUPPORT AND YOU
SUPPORT THAT!

Understood

A man and a woman are looking at a smartphone together outdoors. The man is on the left, wearing a dark blue jacket, and the woman is on the right, wearing a maroon sweater. They are both looking down at the phone with interest. The background shows green foliage and trees, suggesting a park or outdoor setting. A semi-transparent white box with a yellow lightning bolt graphic is overlaid on the image, containing text.

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STEP TWO:
SHARE WITH YOUR
DAUGHTER ABOUT
MENTORSHIP, AND
WHAT IT MEANS. THAT
IT'S ABOUT HER
HAVING ANOTHER
WOMAN WHO WILL
SUPPORT HER AND
ENCOURAGE HER!

Understood



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STEP THREE:
CONNECT HER WITH
THE GIRL LAB.
ENCOURAGE HER TO
CHECK OUT THE GIRL
LAB PODCAST AND
SEE HOW SHE FEELS
ABOUT IT. PLAN A
FOLLOW-UP
DISCUSSION.

Understood

A family consisting of a woman, a man, and a young child are walking away from the camera on a paved path. The scene is set at sunset or sunrise, with long shadows cast on the path and a warm, golden light in the sky. The background shows some trees and a field. The text is overlaid on a semi-transparent white rectangular area in the center of the image.

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AFTER THE
FOLLOW UP:
HAVE YOUR
DAUGHTER LIST HOW
SHE BELIEVES A
MENTOR CAN HELP HER
DREAM BIGGER. WHAT
DOES SHE HOPE FOR?
THEN CONTACT US
AND WE WILL PREPARE
THE NEXT STEPS!

Understood



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YOU'RE NOT ALONE:

BEING A PARENT ISN'T
ALWAYS EASY,
ENCOURAGING,
GLAMOROUS, OR
REWARDING, BUT YOU
DON'T HAVE TO DO IT
ALONE.

Understood