



FIVE TO THRIVE: 5 WAYS WE CAN HELP OUR MENTEES THRIVE

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GETTING TO KNOW EACH OTHER...

- How many of you are new to the mentoring program?
- Type in the chat...Why did you decide to become a mentor?
- What's your superpower? Type it in the chat...



HAPPINESS AND WELLBEING OF YOUNG AMERICANS (18–24)

We have a lot to learn (**and DO!**) based on Gallup's World Poll & World Happiness Report 2024/2025 especially when it comes to the younger generation.

In summary:

- The U.S. ranks **62nd** in the world for happiness among **people under 30**
- **Happiness** levels among American youth **have fallen sharply over the past decade and a half**. Youth are starting adulthood with well-being levels akin to “**mid-life crisis**.”
- **Young women's** well-being especially low (social pressures and safety concerns)
- **Feelings of loneliness** are almost **twice as prevalent among Millennials** as among those born before 1965.
- In the U.S., **53% increase** in people reporting they are **eating meals alone...**



REALITY OF OUR MENTEES

Aside from the stats we just learned, *let's talk about what's really going on with our mentees – **the realities of their world***. Let's put ourselves in their shoes for a moment...

- *Pressure from parents, friends, teachers, coaches, societal, "get a job"*
- *Paying tuition, bills, working multiple jobs*
- *Passing their classes, exams, getting good grades*
- *Expected to know what they want to do in life with limited experiences*
- *Fear of job market, job security, AI*
- *Social media = "The Anxious Generation" (Buy the book: Jonathan Haidt)*
- *Some say they lack soft skills, communication skills, and drive...*
- *Many of them hold a lot of fear (fear of future, instability, lack of hope/faith, marriage, children)*



**HERE'S THE GOOD NEWS....
WE HAVE THE OPPORTUNITY TO
MAKE A DIFFERENCE!**



FIVE TO THRIVE

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1. Mentorship starts with seeing the human....Humanize the relationship.

- Get to know each other
- Personal life – family, upbringing, things they are proud of
- Passions
- What did you like to do in high school, as a kid?
- Why do you want to work?
- What lights you up?

Value:

- Builds trust & credibility
- Addresses loneliness component
- Feel seen, have someone they have to talk to



FIVE TO THRIVE

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2. See Yourself as a COACH, not just a resume editor...

- We are a guide for them
- Help them to navigate (resources, beyond-the resume)
- Offer constructive feedback/support
- Help them overcome their limiting beliefs
- Share tips and tricks, real-world experiences

Value:

- You feel like you are making a bigger difference
- You'll know you are preparing them for real-world experiences



FIVE TO THRIVE

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3. Zoom In: Help them Narrow & Tailor their job search approach

- Job searching is deflating
- Meaningless job searches = more deflating
- Help them see the patterns (their passions, brands/products that mean something to them), what companies they can stand behind
- Suggest to put together a short list of companies to pursue

Value:

- Less overwhelm
- Deeper research about company, people, culture
- More meaningful conversations



FIVE TO THRIVE

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4. Help them craft their story

- Help them own their unique story
- Practice articulating it
- Role play potential interactions for job fairs, making a new connection, cold outreach
- Leverage AI to help them with composing messages, finding companies or organizations that they may be interested in, how to articulate their story

Value:

- Builds confidence
- Helps to step out of comfort zone
- Building skills to influence, communicate



FIVE TO THRIVE

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5. Clarity comes through ACTION...Small steps creates big change

- Assure them that action helps them overcome their fears.
- Remind them of a time they were afraid and ask they how they overcame that situation
- Commit to 1-2 reasonable goals before next meeting
- We are here to help hold them accountable

Value:

- Helps mentees overcome fear(s)
- Progress = Happiness
- Celebrate wins (big or small) and help them track their progress



FIVE TO THRIVE SUMMARY

- 1. Mentorship starts with seeing the human....Humanize the relationship.**
- 2. See Yourself as a COACH, not just a resume editor...**
- 3. Zoom In: Help them Narrow & Tailor their job search approach**
- 4. Help them craft their story**
- 5. Clarity comes through ACTION...Small steps creates big change**

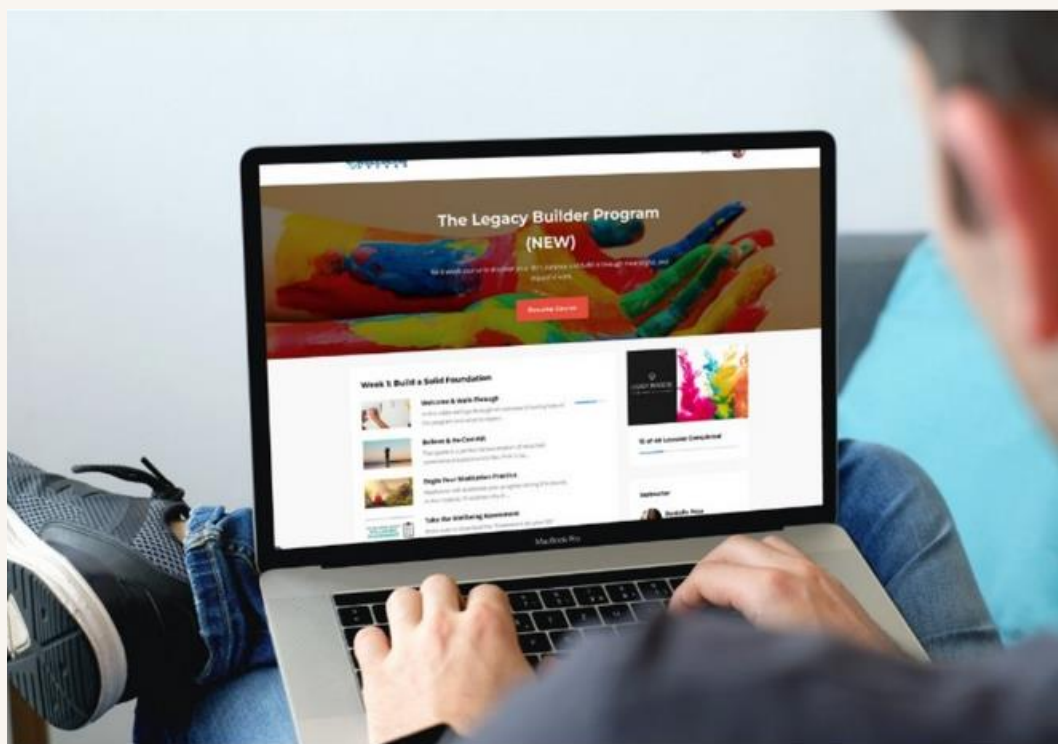


My Learnings thus far as a Mentor & What this program has done for me personally...

- I'm a better person because of this program
- I know I'm making a difference
- Gives me purpose
- Helps me be a better Mom
- Seeing the world through a different set of eyes
- Encourages me to help her more, help others more!
- It's a big part of how I want to leave my legacy



“The secret to living is giving” by Tony Robbins



How I help others:

Global Wellbeing Group

www.globalwellbeinggroup.com

- Legacy Builder Program - highly structured process to help professionals identify and pursue a career aligned to core values and impact.
 - Lead workshops and keynotes for organizations, universities, and associations to improve well-being in your career and life
- Advisory Services to help measure & integrate wellbeing into an organization's culture

Loopwell in Montclair, NJ

www.loopwithus.com

Curate corporate team meetings, off-sites, and retreats - Loopwell is a first-of-its-kind social wellbeing club.



Q&A

+

Let's talk about mentorship (your experiences)

+

Staying Connected

Let's Stay Connected:

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