TEN MENTORS CLUB

Your 20s Club

Finding your feet

Free starter guide

First meeting plan, twelve months of topics,
club agreements and your invitation.

Up to ten. One circle. Life together.

tenmentors.com/ten-mentors-club

Welcome to your club

Your twenties can feel like everyone else got the instructions. New jobs, new cities, first flats, first heartbreaks, first payslips that vanish by the 20th. A Ten Mentors Club is a small circle, up to ten of you, working it out together, so nobody has to pretend they have it sorted.

Think of it as a book club, except instead of just books, you talk about life. Up to ten people, once a month, over coffee, dinner, a walk or a glass of wine. No experts. No lectures. No pressure to have it all figured out. Just people learning from people.

Ten Mentors is not about finding ten successful people to mentor you. It is about sitting down with a few others and realising you all have something to offer.

1. Start your circle

- **Put the word out.** Post on Instagram, LinkedIn, Facebook or a local group that you are starting a Ten Mentors Club and looking for people to join. You do not need to know them yet.
- **Pick a format.** Coffee and conversation, books and ideas, walk and talk, or an evening social.
- **Choose a place.** When you are meeting new people, start somewhere public like a café or a library room.
- **Meet once a month.** Around 90 minutes is a good start.
- **Up to ten.** Three, six or ten all work. Ten is the limit, not the target.
- **Take turns hosting.** Rotate who picks the topic and books the table, so nobody runs it forever.

The five club principles

- **Up to ten.** Small enough for everyone to be heard and for real friendships to grow.
- **Everyone is a mentor.** No qualifications needed. Everyone brings life experience.
- **No judgement.** Different opinions, backgrounds and stories are welcome.
- **Learn from everywhere.** Books, podcasts, films, experts, music and each other.
- **Make it your own.** Every club decides when, where and how it meets.

2. Your first meeting

Theme: Where are we in life right now? Allow around 90 minutes.

15 min	**Coffee and introductions** Go round the table: your name, something you enjoy, and why you fancied joining. If you are mostly strangers, give this a bit longer.
20 min	**Let's talk about life** Start with one question: *What did you think life would look like by now, and what does it actually look like?*
30 min	**Something worth knowing** Pick two or three questions from Month 1 in this guide and explore them together.
15 min	**Share a discovery** Anyone who wants to recommends something useful: a book, a podcast, a film, a habit or a lesson learned the hard way.
10 min	**Until next time** Agree where and when you meet next, who hosts, and which theme you will pick up.

Nobody has to answer every question. They are conversation starters, not an interview.

Club agreements

- **Listen without judgement.** Different experiences and opinions are welcome.
- **Give everyone room.** Nobody should dominate the conversation.
- **Respect privacy.** What gets shared in the circle stays in the circle.
- **Sharing is optional.** Listening is taking part too.
- **Offer ideas, not instructions.** Share what helped you without assuming it will work for everyone.
- **Keep it light when you want to.** Laughter matters.
- **Share the organising.** Take turns so the club belongs to everyone.

3. Twelve months of conversation

A theme for every month of your first year, with an opening question and two to keep it going. Use them in any order, change them, or make up your own.

MONTH 1 Figuring out adulthood

What is one grown-up thing nobody taught you how to do?

- Who do you go to when you need advice?
- What are you secretly proud of figuring out on your own?

MONTH 2 Friendship

How have your friendships changed since school or uni?

- Is it harder to make friends now? Why?
- What makes someone a real friend?

MONTH 3 Money

What did you learn about money growing up?

- What is one money habit you want to start?
- What would feeling secure with money look like for you?

MONTH 4 Work and careers

Is the work you do now anything like what you pictured?

- What would you do if you knew you could not fail?
- Who at work has taught you the most?

MONTH 5 Confidence

When do you feel most like yourself?

- What is something scary you did that turned out fine?
- Whose opinion do you worry about most?

MONTH 6 Relationships

What have your relationships taught you about yourself?

- What does a healthy relationship look like to you?
- What do you wish you had known earlier?

MONTH 7 Home and independence

What does home mean to you right now?

- What do you miss about living with family, and what don't you miss?
- What makes a place feel like yours?

MONTH 8 Comparison and social media

Who do you compare yourself to, and is it fair?

- What would you post if nobody was judging?
- When does your phone help you, and when does it not?

MONTH 9 Health and energy

What gives you energy, and what drains it?

- What is one small habit that makes your week better?
- How do you look after yourself when things get busy?

MONTH 10 Family

How is your relationship with your family changing as you get older?

- What have you learned from your parents, good and bad?
- What tradition would you keep forever?

MONTH 11 Taking risks

What is a risk you are glad you took?

- What risk are you thinking about right now?
- What is the worst that could realistically happen?

MONTH 12 Looking ahead

What would you love your thirties to look like?

- What do you want to be known for?
- What will you start this year?

You do not need to solve anything. Sometimes a good conversation is enough.

4. Your invitation

For Instagram, LinkedIn or a community group

> **I'm starting a Ten Mentors Club. Want in?**
>
> Up to ten people. Once a month. Coffee and a proper conversation about life.
>
> It's like a book club, except we talk about life: work, money, friendships, health, the stuff we're figuring out and the things we wish someone had told us sooner.
>
> You don't need to know me or anyone else. You don't need to be an expert. You just need to be curious and up for a chat.
>
> I'm looking for people in [your city] to join, up to ten of us in total. First meet-up at [café], [date].
>
> Comment or message me if you'd like a seat at the table.
>
> #TenMentorsClub. Don't do life alone.

For a direct message

> **Fancy joining a Ten Mentors Club?**
>
> I'm getting a small group of up to ten together once a month for coffee, conversation and a bit of life wisdom. Some I know, some I don't yet.
>
> Nothing formal. No experts. No homework. Just a small group, a coffee and a good conversation.
>
> Would you fancy joining us?

Between meetings

Spot a good article, book, podcast or story during the month? Share it with the group. Keep it optional. The point is more connection, not more homework.

Ideas worth borrowing

- **Something Worth Knowing** on Instagram and TikTok. A new reel every day; one reel makes a great opening question.
- **15 Principles to Master the Art of Living**, one principle a month gives you more than a year of topics.
- **Ten Mentors Music**, A Mentor In Your Ears, for the walk home.

Share your club with #TenMentorsClub so others can find it.

Ten Mentors. Don't do life alone.