TEN MENTORS CLUB

Your 30s Club

Building your life

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 thirties are when the big decisions start stacking up. Careers, homes, partners, children or no children, and a quiet sense that everyone has an opinion about what you should be doing. A Ten Mentors Club is a place to talk it through with people who get it.

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 are you building right now, and is it what you actually want?*
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 Life in our thirties

Is this where you thought you would be?

- What surprised you most about this decade so far?
- What are you letting go of?

MONTH 2 Expectations

Whose expectations are you living up to?

- What would you do differently if nobody was watching?
- Which timeline do you feel pressure from?

MONTH 3 Work and ambition

What does success mean to you now compared to ten years ago?

- Are you climbing the right ladder?
- What would make work feel worth it?

MONTH 4 Money and security

What does financial security mean to you?

- What money decision are you weighing up right now?
- What do you spend on that truly makes you happy?

MONTH 5 Relationships and family

What kind of family life do you want, whatever shape it takes?

- How do you make time for the people you love?
- What do you want to do differently from your parents?

MONTH 6 Friendship

Why does it get harder to see friends in your thirties?

- Who has stuck with you, and why?
- How do you make new friends at this stage?

MONTH 7 Health and energy

How is your body telling you things have changed?

- What helps you feel good on an ordinary day?
- What would you do with an extra hour of energy each day?

MONTH 8 Balance

What gets squeezed out when life gets busy?

- What could you say no to this month?
- What does a good weekend look like for you?

MONTH 9 Home

Where do you want to put down roots, if anywhere?

- What makes a place feel like home?
- Have you ever moved for a fresh start?

MONTH 10 Confidence

Where have you grown more confident, and where have you not?

- What criticism still sticks with you?
- What have you stopped apologising for?

MONTH 11 Change

What is one change you keep thinking about making?

- What is stopping you?
- What would the first small step be?

MONTH 12 Looking ahead

What would you love your forties to look like?

- What do you want more of next year?
- What do you want less of?

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.