TEN MENTORS CLUB

Your 40s Club

Rethinking everything

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

Life in your forties can be an interesting time. You might be raising children, changing careers, looking after ageing parents, starting over or simply wondering what you want from the next chapter. A Ten Mentors Club is a monthly coffee with people who understand.

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: *Is life in your forties anything like you imagined it would be?*
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 forties

Is this where we thought we would be?

- What have you learned in your forties that you wish you had known in your twenties?
- What is becoming more important to you as you get older?

MONTH 2 Friendship

Why do friendships change as we get older?

- Who are the friends you can call at midnight?
- How do you keep friendships going when life is full?

MONTH 3 Money and security

What does financial freedom actually mean to us?

- What are you worried about, and what are you hopeful about?
- What would you do if money was not a factor?

MONTH 4 Health and energy

What helps us feel good in everyday life?

- What has your body been telling you lately?
- What one habit would make the biggest difference?

MONTH 5 Relationships

What have our relationships taught us?

- What makes a relationship last?
- How have your needs changed over the years?

MONTH 6 Work and ambition

Do we still want the things we once worked towards?

- Is there a career change you keep thinking about?
- What work are you proudest of?

MONTH 7 Confidence

Why do we care so much what people think?

- Has that got easier or harder with age?
- What would you do if you stopped caring?

MONTH 8 Family and responsibility

How do we balance our needs with everyone else's?

- Who looks after you?
- What do you need more help with?

MONTH 9 Curiosity

What is something new we would love to try?

- What did you love doing as a child that you stopped?
- What would you learn if you had the time?

MONTH 10 Change and reinvention

Is it ever too late to start again?

- Who do you know that started over later in life?
- What would your version of starting again look like?

MONTH 11 Happiness

What makes an ordinary day a good day?

- When were you last properly happy?
- What small thing do you look forward to?

MONTH 12 Looking ahead

What would we love the next ten years to look like?

- What do you want your fifties to feel like?
- What will you start before the year is out?

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.