TEN MENTORS CLUB

Your 50s Club

The next chapter

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 fifties can bring a lot of change at once. Children leaving home, parents needing more, careers shifting, bodies changing, and a growing feeling that there is still plenty you want to do. A Ten Mentors Club is a small circle of up to ten people sharing what they have learned and what they are still curious about.

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 does the next chapter of your life look like, and who gets to write it?*
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 fifties

What has surprised you about this decade?

- What do you know now that you wish you had known at 40?
- What feels freer than before?

MONTH 2 Reinvention

Is there a version of yourself you still want to become?

- What would you try if you knew you had twenty good years ahead?
- Who inspires you to keep changing?

MONTH 3 Work

How do you feel about work at this stage?

- Do you want to slow down, speed up or switch lanes?
- What do you want to pass on to younger colleagues?

MONTH 4 Family roles

How has your role in the family changed?

- What is it like caring for parents and children at once?
- What do you want your family to remember about you?

MONTH 5 Friendship

Which friendships matter most to you now?

- Is there a friendship you would like to rekindle?
- How do you make new friends at this age?

MONTH 6 Health

How are you looking after yourself these days?

- What changed your mind about your health?
- What helps you sleep, move and feel well?

MONTH 7 Money and planning

What are you planning for, and what are you avoiding thinking about?

- What does enough look like for you?
- What advice about money would you give your younger self?

MONTH 8 Relationships

How have your relationships changed over the years?

- What keeps you close to the people you love?
- What do you need now that you did not before?

MONTH 9 Purpose

What gets you out of bed in the morning?

- Where do you feel most useful?
- What cause or community matters to you?

MONTH 10 Learning

What are you curious about right now?

- What skill would you love to learn?
- What is the best thing you learned this year?

MONTH 11 Letting go

What are you ready to let go of?

- What grudge, habit or belief no longer serves you?
- What has letting go taught you?

MONTH 12 Looking ahead

What would you love your sixties to look like?

- What adventure is still on your list?
- What will you do about it 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.