TEN MENTORS CLUB

Your 60s and Beyond Club

Living well

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 sixties and beyond can be a time of real freedom, and real change. Retirement, grandchildren, new routines, old friends, health to think about and time to finally do the things you put off. A Ten Mentors Club is up to ten people with a lifetime of stories, sharing them over a good cup of coffee.

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 living well mean to you at this stage of life?*
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 now

What is the best thing about this stage of life?

- What is harder than you expected?
- What would you tell your 40 year old self?

MONTH 2 Retirement and routine

What does a good week look like for you now?

- How have you filled the space work used to take up?
- What routine keeps you well?

MONTH 3 Purpose

Where do you feel most useful these days?

- What do you still want to contribute?
- Who relies on you, and who do you rely on?

MONTH 4 Friendship

How have your friendships changed over the years?

- Who is the friend you have known longest?
- How do you meet new people now?

MONTH 5 Health

What has looking after your health taught you?

- What helps you feel strong and well?
- How do you stay positive on the harder days?

MONTH 6 Family

What is your role in the family now?

- What do you love about being a parent or grandparent, or an aunt, uncle or friend to younger people?
- What family story should never be forgotten?

MONTH 7 Lessons learned

What is the most useful lesson life has taught you?

- What lesson took you longest to learn?
- Who taught you the most?

MONTH 8 Curiosity

What are you still curious about?

- What would you love to learn or try?
- What has surprised you recently?

MONTH 9 Freedom

What are you free to do now that you were not before?

- What are you finally saying yes to?
- What are you finally saying no to?

MONTH 10 Change

How do you feel about change at this age?

- What change has been good for you?
- How do you cope when things change without your say?

MONTH 11 Legacy

What do you want to leave behind?

- It does not have to be money. What else matters?
- Who do you hope remembers you, and for what?

MONTH 12 Looking ahead

What are you looking forward to?

- What is still on your list?
- What will you do this year that makes a good story?

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.