TEN MENTORS CLUB

Your Mixed Ages Club

Every decade at one table

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

A 25 year old and a 70 year old have more to teach each other than either one expects. A mixed ages Ten Mentors Club brings every stage of life to one table, so the person just starting out and the person who has seen it all can swap notes.

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 is one thing you know now that you wish you had known ten years ago?*
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 Where we are in life

What is the best and hardest thing about your age right now?

- What do you think other ages get wrong about yours?
- What are you looking forward to about the next decade?

MONTH 2 Advice across the ages

What is the best advice you have ever been given, and who gave it?

- What advice would you give someone ten years younger?
- What advice would you like from someone ten years older?

MONTH 3 Work

What has work taught you about life?

- How has work changed since your first job?
- What would you tell someone starting their first job today?

MONTH 4 Money

How did your family talk about money when you were growing up?

- What money lesson would you pass on?
- What has changed about money between generations?

MONTH 5 Friendship

How do you make friends at your age?

- What makes a friendship last decades?
- Who is your most unlikely friend?

MONTH 6 Love and relationships

What have relationships taught you?

- What has changed about dating and relationships over the generations?
- What has stayed the same?

MONTH 7 Technology

How has technology changed your life, for better and worse?

- What would you happily give up?
- What could the younger ones teach the older ones, and the other way round?

MONTH 8 Courage

What is the bravest thing you have ever done?

- Does courage get easier with age?
- What scares you now?

MONTH 9 Family

What family tradition means the most to you?

- How have families changed over the years?
- What would you like the next generation to keep?

MONTH 10 Change

What is the biggest change you have lived through?

- How did you adapt?
- What change do you expect next?

MONTH 11 Happiness

What makes you happy, and has that changed as you have got older?

- What did you think would make you happy that did not?
- What small joy would you recommend to everyone?

MONTH 12 Looking ahead

What do you hope the world looks like in ten years?

- What part can our club play in that?
- What will you do differently after a year of these conversations?

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.