

# Mentee Information



**MentorAbility is a program that helps persons with disabilities. It helps them decide what career they want. It helps them decide the kind of job they want to do.**

## **For persons with disabilities. For employers. For service providers.**

MentorAbility helps persons with disabilities all over Canada. It also helps employers and service providers across Canada. Persons with disabilities, employers and service providers work together.

## **Persons with disabilities learn about jobs**

MentorAbility helps people learn about jobs. They help persons with disabilities explore jobs that interest them. They help them find jobs that are a good fit.

## **Employers learn about inclusion**

MentorAbility also works with employers. Employers learn how to include persons with disabilities in their workplace. They learn how to include them with all their workers.

## **Who is a mentee? Who is a mentor?**

A mentee wants to learn more about a job. They meet with a mentor who works in a job that interests them.

A mentor works in a job that interests the mentee. They share their knowledge with the mentee. The mentor may work at a company. They may be self-employed. They may be retired.

The mentee meets the mentor. They meet online or in person. The mentee will learn from the mentor. The mentor also learns from the mentee.



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with Disabilities



### What is the MentorAbility Experience?

MentorAbility is about learning. It's a learning experience. It's not a job.

The MentorAbility Experience is from one hour to one day. It's set up by a service provider. The service provider is part of the MentorAbility team.

### Getting started

Talk with your service provider. Let them know you're interested in a MentorAbility Experience. Your service provider will contact MentorAbility.

If a service provider is not helping you or you're unsure, fill out the Mentee Interest Form on our website. Someone from MentorAbility will contact you.

## Mentorships at Work: Career Exploration



### Next steps

1. You'll be introduced to a mentorship facilitator. This person may be your service provider. Or they may be someone new who will work with your service provider. You'll talk with the mentorship facilitator. You'll tell them about your work interests and job goals.
2. The mentorship facilitator will talk with you about an experience. The experience will be with a mentor. If you choose that experience, they'll set it up for you.
3. You'll prepare questions to ask your mentor.
4. Go to your MentorAbility Experience! Meet your mentor! Learn lots and have fun!
5. Share your experience with the mentorship facilitator. Share it with your service provider. Talk about what you learned.

Remember: The mentorship facilitator will help you throughout this journey.

### Do you have questions?

For more information about MentorAbility Canada, go to the following page on our website:

[supportedemployment.ca/initiatives/mentorability](https://supportedemployment.ca/initiatives/mentorability)