

Empower Period Mentor Role Description



**EMPOWER
PERIOD**
transforming period
fear into freedom.

What is the Empower Period Programme?

The Empower Period Programme is a 2 year programme funded by the Act for Change Fund and delivered by Irise International that aims to empower young people in the UK to lead their own advocacy projects to end period shame within their communities, as well as at a national level. The young advocates enrolled in the Empower Period Programme are called Empower Period Agents of Change.

What is an Empower Period Mentor?

An Empower Period Mentor is an individual within the wider Irise International network who can offer their experience, skills and expertise to the Empower Period Agents of Change, to support their professional development and ensure effective delivery of their advocacy projects.

What level of commitment is needed to be an Empower Period mentor?

We will work with Empower Period mentors individually to ensure that their level of engagement within the programme is manageable and appropriate for them. Commitment from mentors can vary from as little as attending a one hour advice drop in session for our Agents of Change every month or two, to providing one to one weekly support to Agents of Change.

For how long can I be an Empower Period mentor?

The Empower Period Programme began in January 2020 and will continue until January 2022. Empower Period mentors are welcome to uphold their role throughout this time frame, and if desired, will be encouraged to join the wider Irise mentorship circle following the completion of this programme. We recommend Empower Period mentors fulfil their role for at least 6 months within the 2 year period outlined.

How can I become an Empower Period mentor?

If you think you could mentor and support Empower Period Agents of Change in delivering effective advocacy projects across the UK, then fill out the application form here <https://docs.google.com/forms/d/1dJI77L0SC3uMedmZ4j1LNr1scrGkwpIHPitv2PuDWiw/edit>