

*Business
&
Professional
Women
Niagara Falls*



*“Women Working
for Women”*

(Since 1917)

BPW NF Monthly Meeting

November 22, 2023 7:00 pm

(Zoom Meetings Until Further Notice)

Members \$5 / Guests 2 Free then \$10

Register NOW: BPWniagarafalls.com

YOU'RE INVITED

**To This
Month's
Meeting**

Mentorship, The Gift That Keeps on Giving



Shahina Suleman

When we seek guidance in our personal and professional lives, nothing is more powerful than the direct transmission of experience and knowledge by those who have been through what we are about to live. A moment of mentorship can lead to a lifetime of impact. This talk will cover the following areas:

1. Mentoring is about action. We call it mentorship in the moment.
2. Why Mentorship Matters
3. Think of Mentorship as an Investment strategy
4. Mentorship can be a vehicle for Inclusion

Shahina Suleman is a passionate entrepreneur, educator, and community leader. Her primary focus is working directly with job seekers, developing, and teaching a curriculum that emphasizes Workplace Essential Skills (Skills for Success) to help them become successful long-term employees. She provides job coaching and strategies that foster self-reflection, self-awareness, and the development of problem-solving, critical thinking, and adaptability skills. **Shahina's** dedication extends to supporting women from underserved communities and newcomers to Canada who are navigating their settlement journeys. Through workshops focused on literacy and life skills, she aims to level the playing field and provide valuable learning opportunities for these individuals.



And WE DID ! Since 1917...

Women Working for Women

BPW Niagara Falls

**Visit BPWniagarafalls.com for
Info, Events & Meetings**

Business and Professional Women is an equality-seeking group working toward the improvement of economic, political, employment, and social conditions for women.

BPW Niagara Falls holds monthly meetings, which provide opportunities to stay informed on women's issues, to enjoy a guest speaker, and to network with other working women. We also hold social events with several active committees.



**Inspire
Connect
Collaborate**

**Together we
can improve
the lives of
all women -
regionally,
provincially,
nationally
and globally!**



**Business & Professional Women
Niagara Falls**

**Over 100 Years Strong We Are
Women Working for Women
www.bpwniagarafalls.com**

**Advocacy, Professional Development,
Leadership Skills, Networking & Friendship**

**With clubs throughout Ontario, Canada & the
world, including Young BPW, we are**

THE VOICE FOR WOMEN

