

RULES & GUIDELINES

Fellow Female Founder Program



This Handout will provide you with general information on the program and its timeline.



Overview

Our program is designed to help you achieve your goals and develop new habits with greater ease and efficiency. Our team will match you with a female founder who will work with you to achieve your objectives. Commit to the program for a minimum of 3 months for maximum effectiveness. You will need to meet regularly, at least every 2nd week, with your match online to evaluate your progress and motivate each other to achieve better results. We provide worksheets to help you stay organized and focused. Each worksheet will have a different focus and will contribute to your journey toward greater accountability and personal growth.



How the Fellowship Works

- Your Profile: Complete your profile in the "My Profile" section on the dashboard to help us find a better match for you.
- Participant Form and Social Group: Fill out the participant's form, then join our lively social group.
- Matching Process: Our team will pair you with your fellow founder
- Use Worksheets: Receive worksheets to track your program and weekly goals, along with progress trackers and agenda recommendations.
- Initial Online Meeting: Once your partnership is established, join the first curated online meeting.
- Regular Online Meetings: Organize and schedule regular meetings, ideally every two weeks.
- Participate in Relevant Events: Join our curated events and workshops for growth and networking.
- Celebrate Success: Share your achievements, insights, and milestones with fellow female founders in our group.



RULES & GUIDELINES

Fellow Female Founder Program



In this Handout, you will find tips and recommendations for the partnership.



Get Organized

- Before starting set your overall goal for the whole program. This could any bigger goal which you can then split into smaller ones. Download "My Program Goal" on our website.
- Decide when and how you will be communicating with your partner. Your meeting should be regular, for example, once a week or at least every two weeks.
- Create a meeting agenda for every week. This will make it easier to stay focused. We recommend holding 45 min meetings. Download "Agenda Recommendation" on our website.
- Communicate your expectations openly. This will help build a strong base for your partnership.
- Share the way you respond to coaching and feedback best, so that your partner may be most helpful.
- Describe how you want to be held accountable. Your partner will be better able to help you in your progress.



Do's & Don't's for a Healthy Partnership

- Be open and don't hide from your partner.
 - Create a healthy dynamic in which you feel comfortable to share your victories and failures.
- Find a rewarding balance between critique and support.
 - Too much criticism deflates the other person and leads to a feeling of being misunderstood. Too much validation leads to staying in your comfort zone and overlooking problem areas that need to be worked on.
- Respect the set norms and rules of your partnership.
- Base your communication in your partnership on mutual respect and helpful feedback to create an empowering work environment.

