

The GIVEN Institute

WELCOMES


2026 Leadership Program Mentors



GETTING TO KNOW THE 2026 COHORT

- Share in the chat
 - Where is home (at the moment)?
 - Who are your favorite women saints and why?





LET US PRAY THAT WE WOMEN
REALIZE THE REASON FOR OUR
EXISTENCE: **TO LOVE AND BE
LOVED** AND THROUGH THIS LOVE
BECOME INSTRUMENTS OF PEACE
FOR THE WORLD.

st. teresa of calcutta

OPENING PRAYER



Led by Sister Anne Marie Elizabeth, SV

Sisters of Life

Director, Respect Life Office, Archdiocese of New York

The GIVEN Institute (“GIVEN”) is a not-for-profit organization dedicated to **activating the gifts of young adult women for the Church and the world.**

GIVEN inspires and equips the next generation of female leaders to **“receive the gift that they are; realize the gifts they’ve been given; and respond with the gift that only they can give.”**





HISTORY OF GIVEN

- 2015 - Year of Consecrated Life & Hilton Foundation grant
Council of Major Superiors of Women Religious (CMSWR)
- 2016 - First Forum (D.C.) and first cohort with Action Plans
- 2018 - Incorporation of The GIVEN Institute and launch of The Art of Accompaniment Mentoring Program
- 2019 - Forum (D.C.) and integration of lay mentors
- 2021 - Forum (D.C.)
- 2022 - Forum (Philadelphia)
- 2024 - Forum (D.C.)
- 2026 - Forum (D.C.)

WHAT IS A LEADER?

GIVEN believes that Catholic women leaders are those disciples of Jesus Christ who, receptive to the grace of God the Father, and boldly responding to the Holy Spirit, become fruitful for the Kingdom through lives of prayer, virtue and giving of themselves and their gifts in service of others.



Jen Cole-Schaefer
Executive Director



Emalie Beach
(GIVEN '22)
Director of Advancement



Cynthia Psencik
(GIVEN Mentor '19)
Mentoring Program &
Alumnae Director



Joshua Sweeney
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Emilia Gore
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Alumnae Coordinator



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Penelope Medina
Advancement Intern



Hannah Feeny
Program Intern

THE GIVEN TEAM



THE PARTICIPANT'S JOURNEY WITH GIVEN



March 2026 - May 2027



THE EXPERIENCE OF GIVEN MENTORING

Mentoring is...

A relationship - Relationship is the heart of the program. Through self-gift, we find personal fulfillment.

Integrated - Mentoring considers the spiritual, personal, and professional needs of each woman.

A living spiritual motherhood - Each woman is called to exercise her spiritual motherhood through her own unique gifts and experiences.

Mentoring is not...

A substitute for formal development - Mentoring cannot replace formal training but should augment professional development activities.

Counseling or therapy - While personal issues may be discussed, mentors are not substitute for mental health professionals.

A dependant relationship - Mentors give support for the Action Plan but are not expected to do the work or make decisions for the mentee.

MENTOR COMMITMENTS

- Participation in virtual trainings
- On-site accompaniment and active presence during the Forum
- Monthly mentee meetings from August 2026-April 2027
- Use of the training provided in conversations with Mentee(s)
- Prompt response in requested feedback







MENTOR FORMATION

- Leadership Sessions:
 - Dr. Joshua Miller
 - Tricia Tembreull
 - Alexandra Bastien
- Code to Clifton StrengthsFinder and results session:
 - Lisa Mladinich
- Mentor Handbook
- *optional* Action Plan Strategist Training



GIVEN

THE GIVEN INSTITUTE

ART OF ACCOMPANIMENT MENTORING PROGRAM

MENTOR HANDBOOK



TABLE OF CONTENTS

03	Introduction
04	The Art of Accompaniment Mentoring Process
08	Planning for the Mentoring Year
10	Action Plans
12	Program Completion
13	Conclusion
14	Appendix A: Mentor Guidelines
15	Appendix B: Mentor Checklist
16	Appendix C: Mentor Sample Questions
18	Appendix D: Mentor FAQ
19	Appendix E: Mentee Guidelines
20	Appendix F: Mentee Checklist
21	Appendix G: Meeting Agenda (sample)
22	Appendix H: Meeting Record (sample)
23	Appendix I: Mentee FAQ



WHAT ARE ACTION PLANS?

- The Action Plan is the young woman's unique initiative to be completed within a year to activate her God-given gifts in the Church and in the world.
- Key Action Plan Milestones:
 - Young women submit their proposal before Forum.
 - Young women submit a mid-year update in Dec.
 - Young women submit a final report in the end of year survey in April.

APOSTOLATES GROWN WITH GIVEN

BEHOLD
Visio Divina

 eden invitation


Dying To Meet You



from the garden
designs

Liturgical Style

THE
cantor
— COACH



Arthouse2B

MENTOR MATCHING TIMELINE

- The Mentees will receive Mentor Directory at Forum.
- Mentors and Mentees share top 3 preferences for matching process after Forum.
- Once matched, Mentors receive mentee's contact information and her formal Action Plan.
- The Mentees initiate contact to schedule 1st meeting in August.
- Mentors provide monthly confirmation of meetings with Mentees.
- Mentors provide Accompaniment, Spiritual Motherhood, and Action Plan accountability.

OTHER OPPORTUNITIES TO CONNECT

- WhatsApp Community: GIVEN 2026 Network
 - GIVEN 2026 Mentors
 - Action Plan Questions
 - Prayer Requests
 - Travel Coordination
- Suggested reading and prayers
- *Optional* Virtual Meet and Greet with Participants on April 21st
- Engage with us on social media! @giveninstitute





RECEIVE THE GIFT THAT
YOU ARE.

REALIZE THE GIFTS THAT
YOU'VE BEEN GIVEN.

RESPOND WITH THE GIFT
ONLY YOU CAN GIVE.

GIVEN FORUM OVERVIEW

- Daily Mass & Prayer
- Keynotes
- Panels
- Leadership Trainings
- Small Groups
- Evening Events
- Adoration, Confession, Holy Hours



- Programming will take place at The Catholic University of America.
- Daily Mass will take place in the Lower Crypt of the Basilica of the National Shrine of the Immaculate Conception.
- Healing Eucharistic Holy Hour at the St. John Paul II National Shrine.





- Catholic Women's Leadership Celebration
- GIVEN Fiat Award, recognizing a woman leader whose faith, courage, and service have made a lasting impact on the Church and society.
- Inaugural 2024 recipient: Mary Ann Glendon
- 2026 recipient: Mother Agnes Mary Donovan, S.V.



Mentors and Volunteers' roles at Forum:

- Small Group Leaders
- Schola
- Spiritual Directors
- Consecrated Life
Discussions
- Mental Health and Medical
Professionals

Chaplains, exhibitors, and staff
will be present too!



DORMITORY DETAILS

Lodging will be provided at The Catholic University of America. Each participant has their own room with a private entrance, only sharing a bathroom within the suite. Linens (2 flat sheets, towels, pillow, blanket) are included.

If you'd like hangers, clothes iron, hair dryer, or a fitted sheet, please pack. The dormitories are well air-conditioned, so please keep this in mind while packing.



- **Travel Tips: Arrange early!**
 - Check-In: Tuesday, June 23rd from 4-7 PM; Dinner will be available 6-7 PM.
 - End: Sunday, June 28th at 1:30 PM; Brunch at 11:30 AM is last meal.
- **Closest Airport:** Ronald Reagan Washington National Airport (DCA)
- **Closest Train and Bus Station:** Union Station
- **Travel to & from CUA:** Metro, Rental Car, Taxi, Carpool

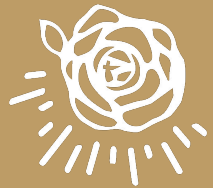


EXPENSES

- Through the generosity of our donors, The GIVEN Institute is able to provide lodging and meals for all Mentors.
- Travel reimbursement is available for Consecrated women who take a vow of poverty.



DRESS CODE: BUSINESS CASUAL



DRESS CODE: COCKTAIL





NEXT STEPS & KEY DATES

Tues, March 24 - 7pm - 8pm ET *Bridging Generational Differences in Mentoring (Tricia Tembreull)*

Wed, April 7 - 12pm - 1:30pm & 7pm - 8:30pm ET *StrengthsFinder Results Review (Lisa Mladinich)*

Tues, April 21 - 7pm - 8pm ET *Virtual Meet & Connect for Young Adults & Mentors (OPTIONAL)*

Wed, April 29 - 7pm - 8pm ET *Personal Vocation (Dr. Joshua Miller)*

Wed, May 13 - 7pm - 8pm ET *Mentoring the Whole Person: Tools for Mental and Emotional Support (Alexandra Bastien)*

Tues, May 26 - 7pm - 8pm ET *Empathic Listening & Asking Good Questions (Dr. Joshua Miller)*

Wed, June 10 - 7pm - 8pm ET *Discovering Your Fulfillment Stories (Dr. Joshua Miller)*

Tues, June 23 - 4pm - 7pm *Check-In for Mentors at CUA*

Tues, June 23 - 7pm - Mass & Mentor Session

Wed, June 24 - 9am - 3pm ET *In-Person Formation*

QUESTIONS?



CONTACT

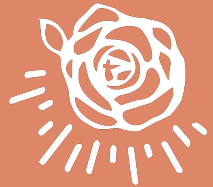
cynthia@giveninstitute.com



BEFORE WE GO...

Let's take a quick
photo together!

Please turn on your camera if you can.





Our Lady of
Guadalupe,
pray for us.

