

EQUALS Her Digital Skills

E-mentoring programme timeline

January Cycle 2025

Please note that:

- **mentors** must send their letters between the Sunday and the Wednesday;
- **mentees** must send their letters between the Wednesday and the Saturday.

Week	Theme	Timeline
1	Introduction	● Jan 19th - Jan 25th
2	Goals & Dreams	● Jan 26 nd - Feb 1 st
3	Personal Strengths	● Feb 2 nd -Feb 8 th
4	Problem-Solving Skills	● Feb 9 th - Feb 15 th
5	Time-Management Skills	● Feb 16 th - Feb 22 nd
6	Leadership Skills	● Feb 23 rd - March 1 st
7	Teamwork	● March 2 nd - March 8 th
8	Self-Confidence	● March 9 th - March 15 th