



Mentorship

Mentorship is at the heart of our organization and helps grow and strengthen our community. Thank you for volunteering to mentor our fellow spouses!

In order for the Mentoree to get the most of your knowledge and experience we have compiled a short survey for them to complete and for you as the Mentor to have access to. Those responses along with the following are a few suggestions for starting conversations to engage and promote a successful experience.

First meeting – getting to know each other:

- Ask about where they are from and where in Hampton Roads do they live?
- What do they like to do?
- How did they meet their Sailor?
- Find out what they are looking to gain from this mentorship.
 - o What topics of Navy life are they most interested in learning more about?
 - o What do they already know?
- Determine how you will set up future meetings.

Additional Topics:

- Command Structure:
 - o Who is my Sailor's boss?
 - o How do I address my Sailor's boss when we meet?
 - o What is the overall structure of the Navy?
 - o What is the FRG?
 - o What is the role of an Ombudsman?
- Command Events
 - o What to wear?
 - o Etiquette
 - o How to address Admirals, Commanders, etc...
- Detailing
 - o What is a detailer?
 - o How do we get order?
 - o What is the process like?
 - o Do we get choices?

- What does O4 + detailing look like?
- Duty Stations / PCS:
 - How do I know what duty stations are available?
 - What does PCS mean?
 - Describe household goods, DITY, ONCONUS vs CONUS
 - What does an Overseas PCS look like?
- Benefits:
 - Tricare – Standard vs Prime
 - Dental, Vision
 - What amenities on base are available?
 - Continuing education opportunities for Spouses/Children
 - USO, Marine Corp Relief
- Job Search Resources/Networking
 - Networking - Events and job fairs
 - Transferring licensure and certifications
 - Resume and Job search sites/resources
- Volunteer Opportunities
 - SOS or other organization
 - Within your Command
- Department Head
 - What to expect
 - Lessons Learned
- Command (O4 +)
 - What to expect
 - Lessons Learned
- Other resources
 - Compass

We recommend your first meeting be face-to-face, virtually or if you are comfortable meeting in person and that you plan to check-in monthly or quarterly.

You are not expected to have all the answers, but rather to help guide other spouses to find the information they are seeking. We are here to support you, so if at any time you do not feel that you are able to answer a question or would like additional resources you can send an email to membership@sosnorfolk.org as well as check out our resources page on our website <https://sosnorfolk.org/> for additional information.