

## Guide for Mentees: Growing Beyond the Game

At Jenga365, we believe rugby builds more than muscle; it builds mindset. As a mentee, you'll learn to balance your passion for rugby with personal and professional growth.

### How to Get Started:

1. Sign up on our website as a mentee and fill in your details, your rugby background, current goals, and areas you'd like mentorship in.
2. Join scheduled webinars and mentorship clinics, where topics like fitness, mental health, career development, and life balance are explored.
3. Engage actively, ask questions, attend sessions, and implement what you learn.

### What You'll Gain:

- Access to seasoned mentors from various fields.
- A network that connects you to opportunities beyond rugby.
- Life skills and guidance for academic, career, and personal success.

### Your Responsibility:

Show up with curiosity, take initiative, and share your journey with others. Growth starts when you do.

*"You don't grow by chance, you grow by choice."*

