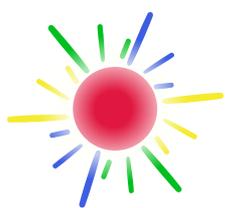


# SOCIAL MEDIA CAPTION

National Mentoring Month  
 January 2023

**SAMPLES**

Topics	Captions	Hashtags
<p>Introduction Announcement</p>	<ul style="list-style-type: none"> <li>• Attention all [chapter name] TeamMates! We have officially entered... NATIONAL MENTORING MONTH!! Stay tuned all month for very special mentoring celebrations. Mentoring has a purpose &amp; mentors SHINE!</li> <li>• Our mission and vision at TeamMates is dependent on the mentors who give their time, heart, and strengths to their mentees. It is our honor to celebrate them during this NATIONAL MENTORING MONTH! To our mentors... you SHINE!</li> </ul>	<ul style="list-style-type: none"> <li>• purpose</li> <li>• bethere</li> <li>• mentoring</li> <li>• TMNMM23</li> <li>• shine</li> <li>• TMshine</li> <li>• TMshine23</li> </ul>
<p>JAN. 11 I am a mentor day Graphic</p>	<ul style="list-style-type: none"> <li>• "I am a [chapter name] mentor." This is a very special statement that we are so grateful to hear from our mentors. Being a mentor is something to take pride in, and we want to take the time to acknowledge each and every person who has dedicated so much to make this true for themselves. You are valued. Happy National I Am A Mentor Day to all mentors.</li> <li>• "I am a mentor." Mentors are valued. Mentors have purpose. Mentors are proud. Mentors SHINE. Become a mentor today, you can make a difference. Happy National I Am A Mentor Day to all mentors.</li> </ul>	<ul style="list-style-type: none"> <li>• mentoring</li> <li>• bethere</li> <li>• teammates</li> <li>• TMNMM23</li> <li>• youshine</li> <li>• value</li> <li>• dedicate</li> <li>• pride</li> <li>• shine</li> </ul>
<p>JAN. 26 Thank your mentor day Graphic</p>	<ul style="list-style-type: none"> <li>• Being a mentor is an incomparable experience. It is an opportunity to impact someone else's life in a positive way, and today, on National Thank Your Mentor Day, we thank you for giving this gift to your mentees. Your mentoring journey is appreciated beyond words. Thank your mentors today and every day.</li> <li>• THANK YOU, MENTORS! Your impact is incredible, your purpose is acknowledged, and the pride we have in you and your journey shines so bright. From the bottom of our hearts, thank you. Use today, National Thank Your Mentor Day, to thank the mentors in your life.</li> </ul>	<ul style="list-style-type: none"> <li>• thankyou</li> <li>• appreciate</li> <li>• impact</li> <li>• bethere</li> <li>• mentoring</li> <li>• purpose</li> <li>• youshine</li> <li>• TMNMM23</li> <li>• TMshine</li> </ul>

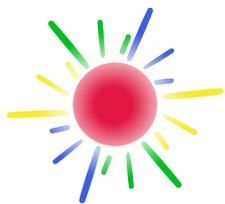


# SOCIAL MEDIA CAPTION

National Mentoring Month  
January 2023

SAMPLES

Topics	Captions	Hashtags
"How does your mentor help you shine?" Graphic	<ul style="list-style-type: none"><li>• Mentoring has an impact; mentors have an impact on their mentees. Everyone shines in their own way, but how does one shine influence another? Comment below how your mentor helps you shine!</li><li>• Shining is contagious! Your shine reflects onto the people around you to enhance what they already have in them. How does your mentor help you shine brighter?</li></ul>	<ul style="list-style-type: none"><li>• TMNMM23</li><li>• TMshine</li><li>• mentoring</li><li>• youshine</li><li>• bethere</li><li>• inspire</li></ul>
"Comment 5 emojis that describe your top 5 strengths" Graphic	<ul style="list-style-type: none"><li>• Show off how you shine! Strengths are an amazing superpower that reflect your sparkle. Which emojis best describe your top five strengths? ( 🌟 )</li><li>• Strengths are an amazing reflection of how you shine! Show us the emojis that best describe your top five strengths! (same emojis)</li></ul>	<ul style="list-style-type: none"><li>• TMNMM23</li><li>• TMshine</li><li>• strengths</li><li>• top5</li><li>• mentoring</li><li>• bethere</li></ul>
"What strengths do you use the most in your mentoring?" Graphic (option 1)	<ul style="list-style-type: none"><li>• Reflecting is a big part of shining. Take a moment to reflect on how your strengths show up in your mentoring journey and which ones you utilize the most! Share with us in the comments!</li><li>• How do your strengths reflect in the way you mentor? You shine with all of your strengths, but share which ones you find yourself utilizing the most!</li></ul>	<ul style="list-style-type: none"><li>• TMNMM23</li><li>• TMshine</li><li>• strengths</li><li>• mentoring</li><li>• purpose</li><li>• youshine</li><li>• bethere</li></ul>
"What do you value about your mentoring journey?" Graphic (option 2)	<ul style="list-style-type: none"><li>• As we honor our mentors during this month, we want you to know how valued you are. You shine bright in your role as a mentor. Comment below what YOU value in your mentoring role!</li><li>• Mentoring is one of the most valuable opportunities to have. We value you as mentors, what do you value about your own mentoring journey?</li></ul>	<ul style="list-style-type: none"><li>• TMNMM23</li><li>• TMshine</li><li>• value</li><li>• bethere</li><li>• purpose</li><li>• mentoring</li><li>• journey</li></ul>



# SOCIAL MEDIA CAPTION

National Mentoring Month

January 2023

**SAMPLES**

Topics	Captions/Instructions	Hashtags
<p>We Over Me Podcast Episode Drop Days</p>	<ul style="list-style-type: none"> <li>• Share the podcast announcement</li> <li>• Add an encouraging caption to watch</li> <li>• "New 'We Over Me' episode! Tune in to learn more about [episode topic]. Come back and comment your favorite part!"</li> </ul>	<ul style="list-style-type: none"> <li>• bethere</li> <li>• teammates</li> <li>• WeOverMe</li> <li>• [episode topic]</li> </ul>
<p>Postcard Highlights</p>	<ul style="list-style-type: none"> <li>• Share who the postcard was from or for (if they want to be known)</li> <li>• Add a heartwarming caption about the shine acknowledgment</li> <li>• Encourage others to send their postcards to people who they see shining</li> <li>• "Take a look at this amazing display of Sharing Your Shine from [mentor and mentee names if shareable]! Don't forget to send your postcards to someone you see shining!"</li> </ul>	<ul style="list-style-type: none"> <li>• ShareYourShine</li> <li>• YouShine</li> <li>• TMNMM23</li> <li>• TMshine</li> <li>• mentoring</li> <li>• bethere</li> <li>• purpose</li> </ul>
<p>Match Highlights</p>	<ul style="list-style-type: none"> <li>• Share their names (if they are okay with it)</li> <li>• Add a kind message about how they shine together in their match or how they help each other shine brighter</li> <li>• Add in a quote from them about how the other helps them shine</li> <li>• "[names] sparkle on their own, but they shine so bright together as mentor and mentee! [Mentee] said, '[mentor] helps me shine by allowing me to be comfortable in who I am.'"</li> <li>• Add theme emojis</li> </ul>	<ul style="list-style-type: none"> <li>• shine</li> <li>• mentoring</li> <li>• TMNMM23</li> <li>• TMshine</li> <li>• purpose</li> <li>• bethere</li> <li>• sparkle</li> </ul>
<p>Other Posts</p>	<ul style="list-style-type: none"> <li>• Follow along with the 'shine' theme of the month.</li> <li>• Be encouraging by adding in reassurance in their own shine</li> <li>• Encourage others to celebrate the month by applying to become a mentor (you can use the flyer)</li> <li>• Put weight on the value and impact of a mentor and be heartwarming to attract</li> </ul>	<ul style="list-style-type: none"> <li>• shine</li> <li>• TMshine</li> <li>• TMNMM23</li> <li>• bethere</li> <li>• teammates</li> <li>• mentoring</li> <li>• purpose</li> <li>• value</li> <li>• impact</li> </ul>