

fab CONNECT her

Future Female
Innovators In STEAM



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Stretch Challenge

This activity helps mentees push beyond their comfort zones in a safe, supported way—building leadership confidence and real-world experience. Stretch challenges are designed to be bold but achievable, giving mentees a chance to try something new, take initiative, and see what they're capable of.

Process:

1. Introduce the Concept (5 minutes)

Begin by explaining the idea of “stretching” as doing something just beyond what feels easy or familiar—but not overwhelming. Let mentees know the goal is to grow, not to be perfect.

2. Choose a Challenge (10 minutes)

- Share a menu of stretch challenges (see examples below) and invite mentees to select one that feels meaningful or exciting. Encourage them to consider where they want to grow—public speaking, self-promotion, collaboration, or networking.

Sample Stretch Challenges:

- Lead a short demo or tutorial on a STEAM skill they know.
- Share a project or idea in a group session or showcase.
- Interview someone working in a STEAM role they admire.
- Write a blog post or social media post about their STEAM journey.
- Attend a STEAM networking event or virtual meetup.
- Ask a question or give feedback in a public setting (class, workshop, etc.).

3. Plan and Prepare (10–15 minutes)

- Have the mentee set a realistic deadline for completing the challenge and talk through any fears, questions, or support they might need. The mentor helps them break the challenge into manageable steps and offers strategies for success.

4. Follow Up and Reflect (Next session)

- Use a reflection prompt to help the mentee process their experience:
 - What did you learn about yourself?
 - What went well?
 - What was hard—and how did you handle it?
 - Would you do something similar again?
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Outcome

Mentees grow more confident in their ability to take initiative, lead, and engage with others in STEAM spaces. They develop a habit of rising to challenges with support, building both skill and self-belief over time.

