



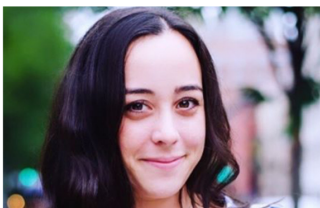
modern mentorship

support you look forward to

maggie
WELLNESS ADVISING FOR STUDENTS
dipasquale



what a time



Entering adulthood is notoriously challenging, but it's trickier today more than ever. I mentor young women to make sense of life's changes and challenges, manage anxiety, and move forward in areas that feel stuck.

Just like a business has a Board of Directors to help consult on the growth and well-being of a company, a mentor is part of creating a group of helpful advisors for your own personal success.

resources

[ideas for inner practices](#)

[shift stress](#)

[anxiety resources](#)

[a pep talk on confidence](#)

[grounding practice](#)

[releasing meditation](#)

need a heart-to-heart?

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