

STAGE 1 · FOUNDATION JOURNEY

First Session Guide

A Warm Welcome to Your Mentorship Journey

Dear Friend,

Welcome to the first step of your mentorship journey. This session is designed to help you pause, reflect, and connect what you know about the world around you with the world within you. Before we build anything lasting, we must first understand the ground we're standing on, and that's what this reflection is about.

This first session is completely free. It's a chance to experience what mentorship with me feels like: a space of clarity, self-discovery, and gentle guidance. You don't need to be an engineer to understand the language of soil, just a learner who's open to finding meaning beneath the surface.

Purpose of the Session

This session invites you to reflect on who you are, what drives you, and how your personal journey relates to the principles of soil and foundation: flexibility, strength, patience, and growth. It helps you recognise where you are, so we can later build toward where you want to be.

How to Complete This Session

1. Read the assignment brief: "Understanding Myself through the Lens of Soil Mechanics."
2. Review the handout "Soil Concepts for Self-Discovery" to understand what each soil term means technically and how it can serve as a life metaphor.
3. Use the Reflection Worksheet to organise your thoughts before writing your essay.
4. Write a reflection essay of about 1,000 words, following the guiding prompts.
5. Upload your completed essay at damilolaakinniyi.com/mentorship/reflection-essay/. It also serves as your request to continue the mentorship.

Why This Reflection Matters

This exercise is more than an assignment, it's an excavation. As you dig through your thoughts and experiences, you'll uncover the layers that define your identity, passions, and purpose. Whether you continue the mentorship or not, this process will leave you with a clearer vision of who you are and where you're going.

A Message from Damilola

Every strong foundation begins with reflection. My role is not to tell you who to be, but to ask questions that guide you to discover who you already are, and who you're becoming. Through this journey, I hope you'll not only understand your path but also strengthen your ability to stand firm in it.

— Damilola Bashir Akinniyi