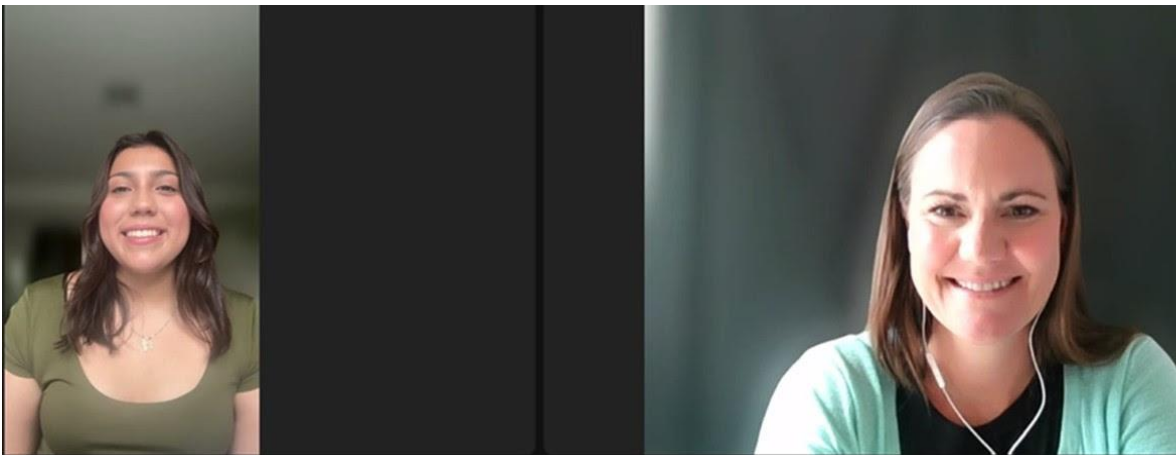


September 2024



Future Leaders Academy Update

Meet Future Leader Lily and Mentor Elena



Future Leader Lily F. (left) and **Mentor Elena Beckius** typically meet virtually for about an hour each month of the 12-month mentorship

This spring, the third annual cohort of think2perform Research Institute's Future Leaders Academy began its mentorship phase. To provide insights into the experience, we are pleased to introduce Future Leader, Lily F., a senior at suburban Twin Cities high school who is laser focused on pursuing a career in pediatric medicine. **Lily's values are family, education, religion, meaningful work, and achievement.**

Lily's mentor, Elena Beckius is a Senior Vice President at think2perform who

coaches highly competent people to be the best version of themselves. Lily and Elena are a natural fit. “Lily is competent from both a results standpoint and an integrity standpoint, and that’s exciting to me,” says Elena. **Elena’s values are faith, family, health, meaningful work, and excellence.**

The relationship is proving to be a source of inspiration for both Lily and Elena. Regular check-ins with Elena are helping Lily avoid procrastination and stay motivated. “I’m actually able to achieve goals, it used to be hard to see things through,” admits Lily. “Now I do things automatically. It’s definitely going to help me with future jobs and goals, and I’m very grateful for that.”

Elena is buoyed by Lily’s focus and commitment. “Lily is so smart and ambitious, and she has such a heart for people — our sessions give me tremendous hope for our future,” says Elena.

Through the Future Leaders Academy training, Lily defined three goals to help her grow as a person and a leader. Her first goal is to grow her faith which connects to her value of religion. Attending more services and engaging in youth group activities are steps she’s taking to advance this goal.

Directly linked to her value of education, Lily’s second goal is to become a better college applicant. Working on her application, securing letters of recommendations, and joining online sessions put on by colleges are Lily’s key activities. She’s also taking campus tours to explore the pre-med programs at select schools.

Lily’s third goal focuses on her mental health and being the healthiest version of herself. “I started reading more books, walking, and trying to cut out sugar,” explains Lily. “I’ve been watching videos that say to help yourself, cutting out sugar and bad foods can help a lot.”

As her mentor, Elena, an accomplished professional by all external measures, is guiding Lily to recognize and embrace internal markers of success. “I want to help Lily know that meaningful goal achievement is in alignment with who she is, not what the external world tells her to be,” shares Elena. “I want her to understand the importance of listening to her own voice — that’s really important for young professionals, but especially young women.”

Defining her values and using them with the alignment model to identify meaningful goals and actions is one of the valuable tools Lily learned during the Future Leaders Academy training. “I really liked how they cared what was important to us,” says Lily. “They honored our values in our training sessions, so we knew we were working on something big, important, and personal to us.”

A focus on values is core to Elena’s philosophy for coaching and mentoring. “There are so many messages for woman around who we need to be and how we need to show up in the world,” says Elena. “One of the most profound ways to know ourselves is to understand our values. When we show up in the world, in the workplace, and in our communities fully knowing and loving ourselves, the best decisions come out of that.”

Having an adult outside of her family and school to talk with is one of the things Lily likes best about her relationship with Elena. “I can talk with her about anything, whether it’s my goals, school or friendships,” says Lily. “It’s refreshing to talk to her because she’s already gone through everything I’m going through, and she’s always giving me great advice and recommendations.”

“Learning from those who come before you and investing in those who come after you, especially as women, is such a gift,” says Elena. “I wish I had Lily’s sense of self when I was her age,” says Elena. “I am inspired by her every time we talk.”

Learn more about the Future Leaders Academy program [here](#).

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