



## 1 in 5 U.S. adults experience a mental illness each year (51.5 Million people) Go Further Foundation is taking a stand!

Calling all 18-24 year olds, are you new in your career or looking to start a career? Are you passionate about growing personally and professionally? If so, you need to check out Go Further Foundation!

GFF has created a community of young professionals committed to personal and professional development and is passionate about taking a proactive approach to supporting the mental well-being of young people.

### THE YOUNG PROFESSIONALS PROGRAM

- **PEER MENTORSHIP:** A trusting relationship built on the expectations that each individual is equal to the other. A mentor is able to offer support and advice from personal experiences, while the young professional offers differing perspectives and a motivating spirit. Community members participate in a twelve-month long program focused on goal setting to drive both personal and professional development.
- **EXECUTIVE COACHING:** We believe both wisdom and experience can be influential in overall development. We are joined by experienced professionals for monthly workshops, offered in various settings, discussing relevant topics to our community of young professionals.
- **MENTAL HEALTH EDUCATION:** We provide mental health educational resources to empower community members to combat the invisible enemy. Through partnerships with various accredited mental health organizations, GFF equips young adults with access to proper mental health trainings and crisis resources in order to take a proactive approach in battling the stigma associated with mental health.

### MISSION

The Go Further Foundation's mission is to create communities of young professionals committed to personal and professional growth. Our programs take a positive, proactive approach on mental health by offering resources and structure that are a constant reminder that nobody is on their journey alone.

### COMMUNITY BENEFITS



Did we mention all of these benefits are FREE?!

### HOW TO GET INVOLVED

- **YOUNG PROFESSIONALS:** Reach out to Ryder Chaffee, Program Director, by emailing him at [ryder.chaffee@gofurtherfoundation.com](mailto:ryder.chaffee@gofurtherfoundation.com) for information on upcoming information sessions or follow [www.gofurtherfoundation.com/getinvolved](http://www.gofurtherfoundation.com/getinvolved) and fill out the "Join our young professionals program" questionnaire. A member of our team will reach out to you following your submission.
- **MENTORS:** Can you answer the question – "What did I wish I knew when I was transitioning into my career?" If so, you may be a good fit to join our community as a mentor! Reach out to Ryder Chaffee at [ryder.chaffee@gofurtherfoundation.com](mailto:ryder.chaffee@gofurtherfoundation.com) for information on upcoming information sessions or follow [www.gofurtherfoundation.com/getinvolved](http://www.gofurtherfoundation.com/getinvolved) and fill out the "Become a Mentor" program questionnaire. A member of our team will reach out to you following your submission.
- **EXECUTIVE COACHES:** Calling all experienced professionals! Do you want to make an impact on the next generation of leaders joining the workforce? We want to utilize your knowledge and expertise to lead workshops, webinars, and seminars to discuss topics that are important to young professionals today.
- **CORPORATIONS AND ORGANIZATIONS:** Do you want to learn more about how Go Further Foundation can positively impact your teams, or do you have some up and coming leaders who would make great mentors? Reach out to our President, Mark Potts, at [mark.potts@gofurtherfoundation.com](mailto:mark.potts@gofurtherfoundation.com) to set up a lunch and learn or individual information session to discuss the benefits of joining the Go Further Community.