

**VERIZON
UP TO SPEED LIVE
October 10, 2022 12:00 PM ET**

>>: HEY EVERYONE, HAPPY MONDAY!
THANK YOU FOR STARTING YOUR WEEK
WITH "UP TO SPEED."
FIRST, I'D LIKE TO START WITH AN
UPDATE ON HURRICANE IAN.
AS RESIDENTS OF SOUTHWEST
FLORIDA CONTINUE TO RECOVER,
VERIZON IS EXTENDING ITS SUPPORT
FOR COUNTIES MOST IMPACTED BY
HURRICANE IAN.
NOW, CONSUMER AND SMALL BUSINESS
CUSTOMER ALSO CONTINUE TO RECEIVE
UNLIMITED CALLING,
TEXTING AND MOBILE DATA THROUGH
OCTOBER 31ST, 2022.
TO SEE IF YOUR COUNTY IS ELIGIBLE, CHECK
OUT OUR LINK IN THE STORY AND YOU CAN
READ THE BLOG FOR THE LATEST UPDATES.
IF YOU DIDN'T KNOW, TOMORROW IS
INTERNATIONAL DAY OF THE GIRL.
A DAY I LOVE, AND

FOR THE PAST TEN YEARS, THIS DAY HAS BEEN CELEBRATED TO PROMOTE GIRLS' EMPOWERMENT AND SHINE A LIGHT ON CHALLENGES GIRLS FACE WORLDWIDE.

YOU CAN EMPOWER A YOUNG GIRL WITH A VOLUNTEER EVENT ON OUR CITIZEN VERIZON VOLUNTEERS PORTAL.

YOU CAN PROVIDE PERSONAL CAREER ADVICE AND ENCOURAGEMENT TO STUDENTS ON CAREERVILLAGE.ORG. CHECK THE LINK IN OUR STORY TO SIGN UP.

AND LATER TODAY, I'LL BE TALKING TO TARA ORLANDO, DIRECTOR OF TALENT ATTRACTION & EMERGING TALENT PIPELINE FOR A LINKEDIN LIVE COLAB CONVERSATION AT 1:00 P.M. EASTERN.

TARA WILL BE OFFERING CAREER ADVICE TO YOUNG WOMEN IN COLLEGE, CLOSE TO GRADUATION OR BEGINNING IN THEIR CAREER JOURNEY.

AND SPEAKING OF EMPOWERMENT,
WOMEN'S COLAB RECENTLY HAD THE
WOMEN'S COLAB FALL SUMMIT.
IT WAS A DAY FILLED WITH
INSPIRING WOMEN SPEAKERS
INCLUDING OUR VERY OWN LEADERS,
MANON BROUILLETE, SAM HAMMOCK
KRISTA BOURNE AND CHRISTINA SCHELLING.
ATTENDEES HAD OPPORTUNITIES TO
LEARN NEW SKILLS AND MEET AND
GROW NETWORKS.

AND IN THE SPIRIT OF
INTERNATIONAL DAY OF THE GIRL,
LET'S TAKE A LOOK AT WHAT KRISTA
HAD TO SAY ON MENTORSHIP, WHICH
IS SO IMPORTANT FOR GIRLS AS
THEY BEGIN THINKING ABOUT THEIR
FUTURES.

>> I THINK YOU COULD HAVE A
MENTORING MOMENT IN A NETWORKING
EVENT.

YOU COULD HAVE A MENTORING
MOMENT IN THE HALLWAY.

YOU COULD HAVE A MENTORING
MOMENT IN JUST WORKING WITH

ANOTHER PERSON ON A PROJECT, A SHARED AGENDA OF SOME SORT, SO I DON'T THINK IT HAS TO BE THAT FORMAL.

I DO, THOUGH, THINK THAT YOU HAVE TO COME TO THE TABLE WITH AN AGENDA, RIGHT, SO YOU SHOULD BE READY AND PREPARED FOR THAT MOMENT WHEN IT HAPPENS.

WHAT DO YOU WANT FROM THAT EXPERIENCE?

WHAT IS THIS PERSON GOING TO BE ABLE TO OFFER YOU?

IF YOU DON'T COME PREPARED OR WITH A PLAN, THEN YOU'LL MISS YOUR MOMENT, WON'T YOU?

YOU'LL BE REGRETTING.

YOU'LL THINK TO YOURSELF, OH, I WAS IN THE ELEVATOR WITH THIS PERSON AND I DIDN'T EVEN THINK TO ASK THIS QUESTION, AND IT WAS IN THAT QUESTION THAT YOU WOULD BE MENTORED IN THAT EXPERIENCE THAT YOU JUST MAYBE MISSED, SO BE PREPARED.

DOESN'T HAVE TO BE FORMAL, BUT YOU HAVE A ROLE TO PLAY, AND THAT IS TO COME WITH AN AGENDA.

>> KRISTA, WHEN WE THINK OF MENTORSHIP, WE TYPICALLY ANALYZE IT WITH A SENIOR RELATIONSHIP, A SENIOR LEADER IN SOME WAY, BUT THERE'S A LOT TO BE SAID ABOUT PEER MENTORSHIP.

CAN YOU TALK TO ME ABOUT THAT?

>> WELL, I MENTIONED EARLIER, I HAVE MY KIDS THAT ARE MENTORS. I THINK PEERS ARE GOOD MENTORS. I THINK AT THE END OF THE DAY, IT'S ALL THE PERSPECTIVE THAT THEY'RE GOING TO OFFER YOU, FROM A PEER-TO-PEER STANDPOINT, IT'S A RELATABILITY FACTOR I THINK.

WHEN YOU'RE MENTORING WITH A SENIOR LEADER, THERE IS A LEVEL OF I'M LOOKING UP TO THIS PERSON AND YOU'RE EXPECTING SOMETHING DIFFERENT FROM THAT RELATIONSHIP.

ON A PEER-TO-PEER LEVEL, YOU'RE

TALKING ABOUT AN ENVIRONMENT
THAT YOU'RE LIVING PROBABLY AT
THE SAME TIME IN A SIMILAR
FASHION AND THAT'S JUST GOING TO
GIVE YOU A DIFFERENT SET OF
CONVERSATION, QUESTION, OUTCOMES
FOR TO YOU KIND OF CONSIDER, SO
I THINK PEER-TO-PEER MENTORING IS
IMPORTANT.

I ALSO THINK PEER-TO-PEER
MENTORING IS A GOOD EXAMPLE OF
SOMETHING THAT HAPPENS
INFORMALLY.

THIS IS PROBABLY THE PERSON
YOU'RE TALKING TO VERY REGULARLY AND
YOU CAN GET A LOT OF MENTORSHIP IN A VERY
INFORMAL FASHION WHEN A PEER-TO-PEER
RELATIONSHIP IS AT PLAY.

>> SO MUCH GOOD WISDOM, AND
I WENT TO THE SUMMIT MYSELF AND
I WALKED AWAY TRULY INSPIRED, SO
IF YOU HAVE NOT WATCHED THE REPLAY, I
WOULD ENCOURAGE YOU TO DO THAT.
CHECK OUT THE LINK IN OUR STORY.
AND DON'T FORGET TO FOLLOW

WOMEN'S COLAB ON TWITTER,
INSTAGRAM AND LINKEDIN FOR THE
LATEST UPDATES AND EVENTS.

THIS WEEK, VERIZON IS HIGHLIGHTING FIVE
OF ITS OUTSTANDING HISPANIC TEACHERS AS
PART OF HISPANIC HERITAGE MONTH.

DID YOU KNOW THAT
HISPANIC AND LATINX STUDENTS
REPRESENT NEARLY 25% OF THE
OVERALL PUBLIC STUDENT
POPULATION, WHILE ONLY 9% OF
THEIR TEACHERS IDENTIFY AS
HISPANIC?

VERIZON INNOVATIVE LEARNING IS
PROUD TO SERVE OUR DIVERSE
COMMUNITIES WITH NEARLY 50% OF
OUR VIL K THROUGH 12 STUDENTS
IDENTIFYING AS HISPANIC.

REPRESENTATION IN OUR CLASSROOMS
IS SO IMPORTANT, AND WE WANT TO
SHINE A LIGHT ON THOSE TEACHERS
THAT ARE ENCOURAGING STUDENTS TO
DREAM BIG IN THE HISPANIC
COMMUNITY.

NOW TODAY IS ALSO WORLD MENTAL HEALTH

DAY, A DAY TO RAISE AWARES OF MENTAL HEALTH ISSUES AROUND THE WORLD. THE NEED FOR GOOD MENTAL HEALTH CARE IS A REALITY FOR PEOPLE WORLDWIDE AND IT'S WHY VERIZON PROVIDES VTEAMERS WITH OUR EMPLOYEE ASSISTANCE PROGRAM, TO SUPPORT YOU WHEN LIFE GETS HARD OR YOU JUST NEED SOMEONE TO LISTEN TO YOU AND OFFER SUPPORT, NOT JUDGMENT. NOW, THIS ABOUT ENFIT IS HERE FOR YOU AND CAN BE EXTENDED TO YOUR HOUSEHOLD FAMILY MEMBERS. AND THIS YEAR YOU CAN JOIN "FIND YOUR ANCHOR" ON OUR CITIZEN VERIZON VOLUNTEERS PORTAL, A GRASSROOTS MOVEMENT FOR SUICIDE PREVENTION, AWARENESS, AND EDUCATION, BY WRITING NOTES OF SUPPORT AND ENCOURAGEMENT. VTEAMERS HAVE ALREADY HELPED MORE THAN 9,000 INDIVIDUALS THROUGH FIND YOUR ANCHOR BY SHOWING THE WORLD THE POWER OF STRANGERS WHO CARE.

IT'S ALSO OCTOBER, SO YOU KNOW WHAT THAT MEANS!

YES, WE'RE EXCITED FOR HALLOWEEN, BUT ALSO MANY

UNIVERSITIES ACROSS THE COUNTRY ARE COMING TOGETHER FOR HOMECOMING, INCLUDING HBCUS, WHICH STANDS FOR HISTORICALLY BLACK COLLEGES AND UNIVERSITIES.

HOMECOMING AT AN HBCU IS LIKE NONE OTHER, AND STARTING NEXT WEEK MONDAY, OCTOBER 17TH,

EMPLOYEE RESOURCE GROUP B.O.L.D., IS SHARING THE EXPERIENCE WITH A LINE-UP OF GREAT EVENTS LIKE AN HBCU ALUMNI MIXER, A MEET & GREET WITH TALENT ACQUISITION, A FINANCIAL LITERACY SESSION AND SO MUCH MORE.

SO BE SURE TO CHECK OUT THE LINK IN OUR STORY FOR MORE DETAILS.

NOW BEFORE I GO, THERE ARE SO MANY GREAT EVENTS HAPPENING THIS WEEK, INCLUDING OUR SEVENTH ANNUAL ACCESSIBILITY SUMMIT HOSTED BY OUR GLOBAL ACCESSIBLE

TEAM.

THE EVENT IS FROM OCTOBER 12TH TO THE
13TH.

AND I HOPE YOU'LL JOIN THEM
DURING THE SEGMENTS OF MOST
INTEREST TO YOU.

ON DAY TWO, BE SURE TO CHECK OUT
CHRISTINA SCHELLING'S KEYNOTE
PRESENTATION, AND BRIAN
DANFIELD'S FIRESIDE CHAT WITH
FRED MOLTZ OF OUR ACCESSIBILITY
TEAM.

WELL AS YOU CAN SEE A LOT IS IN
STORE THIS MONTH!

BUT THAT'S ALL FOR TODAY.

THANK YOU FOR WATCHING AND UNTIL
NEXT TIME, YOU'RE UP TO SPEED!