

PRESS RELEASE

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ESSESS Foundation Launches “Guided Conversations” Mentorship Programme

Malé, Maldives — ESSESS Foundation is proud to announce the launch of **Guided Conversations**, a mentorship initiative designed to support and inspire aspiring youth across the Maldives through meaningful dialogue and shared experience.

Guided Conversations connects young individuals with accomplished professionals who offer general guidance based on their personal journeys, lessons learned, and years of industry experience. The programme is rooted in the belief that lived experiences, honest conversations, and accessible role models can play a transformative role in shaping confidence, direction, and purpose.

The initiative launches with a carefully curated pool of **16 mentors**, comprising experts from diverse fields including business, hospitality, aviation, creative arts, technology, wellness, and environmental leadership. Each mentor brings extensive professional experience and a commitment to contributing time and insight to guide the next generation.

The inaugural mentor panel and corresponding focus areas are as follows:

- Prof. Hassan Ugail – Visual Computing & AI
- Ahmed Afaal – Health, Wellness & Fitness
- Mariyam Waheeda – Creative Arts & Media
- Mohamed Munthasir (Munco) – Creative Arts & Media
- Shaahina Ali – Sustainability & Environment
- Ahmed Siraj – Finance & Governance
- Ibrahim Shiuree – Tourism & Hospitality / Marketing & Communications / Sports & Performance Careers
- Mariyam Shafiiyya Steinhilber – Tourism & Hospitality / Personal Development & Leadership
- Aminath Hameed – Culinary Arts & Food Entrepreneurship
- Naail Abdul Rahman – Technology & Digital Careers
- Reesha Abdul Munnim – Women in Aviation
- Aminath Suzan – Personal Development & Leadership / Public & Social Impact
- Aminath Shifana – Engineering & Women in Construction
- Reema Rasheed – Personal Development & Leadership

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- Mohamed Jailam – Technology & Digital Careers
- Maaidhath Khaleel – Health, Wellness & Fitness

Participants may explore the mentor pool, select their preferred focus area and mentor, and apply for a complimentary one-on-one session. Guided Conversations is designed to provide encouragement and perspective; it is not a professional advisory or counselling service.

Through this programme, ESSESS Foundation begins its mission to empower youth, promote women's leadership, and create structured, meaningful platforms that strengthen communities across the Maldives.

For more information or to apply for a session, please visit www.essessfoundation.org/guided-conversations

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About ESSESS Foundation

ESSESS Foundation is a non-profit organization focused on empowering women and youth, supporting vulnerable communities, and advancing education and sustainability initiatives.

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