SOUND FUTURES

A MENTORSHIP COMMUNITY FOR APPRENTICES IN THE CONSTRUCTION TRADES

MENTEE | FAQs

These are the questions we hear most from people considering joining Sound Futures as a mentee. If you have a question that is not answered here, reach out to Sound Futures at info@soundfuturescommunity.com or call 206-501-4350.

ABOUT THE PROGRAM

What is Sound Futures?

Sound Futures is a structured mentorship community built for construction apprentices in King, Pierce, and Snohomish Counties. The program connects apprentices with an experienced trades professional for 10 weeks of structured mentoring, and cohort professional development. It is designed to help you complete your apprenticeship, navigate worksite challenges, and build a career that lasts. Sound Futures is sponsored by Sound Transit.

Am I eligible to participate?

You are eligible if you are an apprentice currently enrolled in a union construction program in King, Pierce, or Snohomish County and living in a transit-impacted area. If you are unsure whether you qualify, reach out to us directly; we will help you figure it out.

What does Sound Futures do? What makes it different from other programs?

Most apprentice support programs focus on technical skills. Sound Futures focuses on what happens around the technical work: the relationships, the culture, the conversations you need to navigate, and the career decisions you have to make. The program is built for the trades. Sessions cover real topics: how to handle conflict with a crew lead, how to ask for what you need, how to stay in the game when things get hard. And you will go through it with a cohort of peers who are navigating the same experience.



TIME AND COMMITMENT

How much time does the program require?

Approximately 2.5 hours per week for 10 weeks. This includes professional development sessions, one-on-one touchpoints with your mentor, and a closing event. Most sessions are virtual and designed to fit around construction schedules.

What happens during the 10 weeks?

Each week, you will connect with your mentor for a mentor touchpoint, typically 20 minutes. You are encouraged to discuss whatever is most helpful for you with your mentor. You will also participate in professional development sessions each week covering topics such as communication, conflict, feedback, and goal setting.

What if I have to miss a session?

We understand that construction schedules are not always predictable. If you need to miss a session, let the program coordinator know as soon as possible. We ask that you attend at least 80% of scheduled sessions to remain eligible for the completion stipend. If something comes up that puts your continued participation at risk, contact the coordinator; we will work with you.

YOUR MENTOR

Who will my mentor be?

Your mentor will be an experienced trades professional, a journey worker, foreperson, superintendent, safety officer, project manager, or someone knowledgeable about the construction trades. Mentors are selected for their commitment to supporting the next generation of tradespeople and their understanding of what diverse apprentices navigate in the construction industry. Mentors go through an application and screening process, including a background check, before they are matched with a mentee.

How is my mentor chosen?

Matching is done through a scored process that considers cultural alignment, geography, communication style, work style and your program goals. Gender preference is honored. Every proposed match is reviewed by the program coordinator before it is confirmed. You will not be handed a match at random.

What if my match is not working?

If something about your match is not working, a communication mismatch, a scheduling conflict, or a concern you cannot resolve, contact the program coordinator. Matches can be adjusted. Your experience in this program matters more than keeping a pair together that is not serving you.

PROGRAM COMPLETION STIPEND

Are mentees compensated?

Mentees receive a stipend of $250 for completing the program (maintaining 80% or higher session attendance).

CONFIDENTIALITY AND SUPPORT

Is what I share in the program confidential?

Yes. What you discuss with your mentor in your one-on-one touchpoints is confidential. The program team receives attendance records and session feedback, but not the content of your individual conversations. What is shared in cohort group sessions is expected to stay within the cohort; participants agree to this at the start of the program. There are two exceptions: if a situation involves safety or something that requires escalation, the program coordinator may need to be involved.

What if something happens on my job site that I need help navigating?

That is exactly what the program is for. Your mentor is your first resource; they can help you think through a situation, name what happened, and decide how to respond. The program coordinator is your second resource for situations that go beyond what a mentoring conversation can address.

What if I am dealing with financial pressure or a personal crisis during the program?

The program has a financial coach resource available to participants, and the program coordinator can connect you to additional resources for crisis situations. You do not need to have everything figured out to participate in Sound Futures. The program is designed for people navigating real challenges, not just people who are doing well.

APPLYING

How do I apply?

Visit soundfuturescommunity.com and complete the mentee application. The application takes approximately 15 minutes and includes questions about your background, your goals, your communication style, and your availability. This information informs the mentor-mentee matching process.

What happens after I apply?

After you submit your application, a program coordinator will contact you to confirm your eligibility and answer any questions. If you are selected for the cohort, you will be invited to the onboarding session.

READY TO APPLY?

Visit www.soundfuturescommunity.com

Contact us at 206-501-4350 | info@soundfuturescommunity.com

SCAN HERE TO APPLY