



CWBA LIFT! MENTORSHIP PROGRAM

FREQUENTLY ASKED QUESTIONS

Q: Why should I participate in CWBA LIFT?

A: Participating in CWBA LIFT offers you a unique opportunity to engage with a CWBA member in a mentorship experience geared toward women lawyers and helping women advance in the legal profession. CWBA participation and event attendance is the crux of the LIFT program, so LIFT is also a great way to get (or stay) involved and more engaged in the CWBA.

Q: What are the time commitments?

A: The CWBA LIFT program is a one-year commitment that begins once a mentor and a mentee are matched, typically in early February. Mentors and mentees who choose the more structured track are eligible to receive up to 9 general CLE credits and 2 ethics credits as long as the program is completed within one year. If you prefer a less structured mentorship program, CLE credits are not available. CWBA LIFT is overseen by the Colorado Attorney Mentoring Program (CAMP), and it has its own unique, CWBA-driven curriculum. The curriculum schedule is very flexible and can be modified to adapt to the schedules of mentor and mentee.

Q: What are the qualifications to participate?

A: To serve as a mentor, you must be a CWBA member, have been admitted to practice law in Colorado for at least five years, have an active license, be in good standing, and must submit a mentor application for approval. Mentees must be licensed, active Colorado lawyers, who are either practicing or intending to practice law in Colorado. Preference will be given to potential mentees within their first three years following admission to practice law in Colorado. Lawyers admitted on motion to the Colorado Bar who have been in practice three or more years in another jurisdiction can also participate in the mentoring program in their first year of practice in Colorado.



The CWBA LIFT program is for **attorney members only** and is not open to law students. The Mentorship Committee is developing new mentorship and sponsorship opportunities for our law student members.

Q: I am a lawyer but not practicing – can I participate?

A: Yes you can if you meet the requirements listed in the previous question above.

Q: What if I have completed the Colorado Attorney Mentoring Program before?

A: If you are a mentor, you can still participate in the CWBA LIFT program! If you have already completed the mentor application on the CAMP website, your application is valid for five years and you can contact CAMP and ask to become a CWBA LIFT mentor.

Mentors are not limited on the number of times they can complete the program however mentees may only complete the program once as a mentee.

Q: How can I learn more about the program?

A: Check out our website at www.cwba.org/CWBA-LIFT-Mentoring-Program, explore the CAMP website at www.coloradomentoring.org, or email our Mentorship Committee Co-Chairs [Magistrate Michal Lord-Blegen](#) and [Elizabeth Meck](#). Please reach out to them if you'd also like to get involved in the committee!