

Mentoring: Asking for Things in Mentoring Relationships

Who I am... What brings me to you? _____
 What I am doing and/or developing myself in? _____
 Bragging Rights... What I am good at? _____
 What can I offer to others? _____

What I am looking for?

- Access _____
- Insight _____
- Inclusion _____
- Opportunity _____
- Development _____
- Confidence Building _____
- Experience In _____
- Association With _____

Roles and Opportunities

Establishing some basic roles and opportunities can ensure a successful Mentor and Mentee relationship. This chart outlines a few options and ideas of what Mentors and Mentees could do together. Remember many people can provide you with Mentorship. Think outside of the box!

Job Search	Network	Career Management
<input type="checkbox"/> Industry Research Skills	<input type="checkbox"/> Using Mentor as a Reference	<input type="checkbox"/> Long Term Career Action Plan
<input type="checkbox"/> Cold Calling	<input type="checkbox"/> Networking Skills	<input type="checkbox"/> Train /Development /Upgrade
<input type="checkbox"/> Follow Up Techniques	<input type="checkbox"/> Access Hidden Job Market	<input type="checkbox"/> Valuable Life Skill Learning
<input type="checkbox"/> Updated resume/profile/letter	<input type="checkbox"/> Access Employment Programs	<input type="checkbox"/> Life / Work Balance
<input type="checkbox"/> Interview Skills	<input type="checkbox"/> Stronger Sense of Community	<input type="checkbox"/> Manage Work Relationships
<input type="checkbox"/> Professional Image	<input type="checkbox"/> Job Shadowing or Job Tour	<input type="checkbox"/> Credential Recognition
<input type="checkbox"/> Exploring 'Life by Design'	<input type="checkbox"/> Referrals/ Information Interview	<input type="checkbox"/> Asking for References/Letters
<input type="checkbox"/> Tours or Exploring Job-sites	<input type="checkbox"/> Develop Communication Skills	<input type="checkbox"/> Asking for Raises/Promotion
<input type="checkbox"/> Role-Playing	<input type="checkbox"/> Deal with Difficult People	<input type="checkbox"/> Negotiating Salary/Benefits
<input type="checkbox"/> Other	<input type="checkbox"/> Other	<input type="checkbox"/> Other

Suggestions for identifying your professional goals and making them a reality:

- Articulate the Dream Life! We often know what we would LOVE to be or do Write it down. Visualize. Talk about it. Hearing yourself talk is a great opportunity to gain clarity.
- Figuring out what you would LOVE to do and then figuring out a way to "monetize it", is a great strategy, (better than relying on what you have done/can do). Access your passion.
- Share your dream with others. Ask for help. You will gain momentum and find community.
- Brainstorm ideas, opportunities & actions that can be taken. This creates energy & fun.
- Chunking actions down into manageable pieces is especially useful to avoid overwhelm.
- Manage your mind-set, (and we all have something!)... Talk about your beliefs & try out new perspectives. This is the key to turning things around. Reach out for help if you are stuck.
- Be pro-active & unstoppable. Act in spite of fears! Confidence only comes with experience.
- Never give up & no suffering alone! Connect with me or others who can help you gain clarity, new perspectives, explore action plans and achieve your goals.