



Mentoring Workshop Worksheet

(1) Session Outline:

- Challenges of Mentoring
- Expectations of a Mentor & Mentee
- Tips and Secrets of a Successful Mentoring Relationship
- Myths of Mentoring
- Summary and Call to Action

(2) What does an ideal mentoring relationship look like to you?

(3) Expectations of a Mentor and Mentee:

A mentor is about _____ and _____

A mentee is about _____ and _____

(4) List 3 of your **short-term** goals (<12-month horizon)

(5) List 3 of your **long-term** goals (>12-month horizon)

(6) List of some of the people that you look up to... (Note: some of these people *should ideally* be in the 1st or 2nd level of your network)

(7) What are the skills, experience that you are proud of (and can offer to help a potential mentor?) (Remember – Give Before You Ask!)

(8) What knowledge, skills and experience you bring to the relationship as a ***mentor***?

(9) What will you bring to the relationship as a ***mentee***?

(10) What are the 3 action(s) that you will take as a result of this workshop?