

# MENTORING



## ASK YOURSELF - "WHY DO I WANT TO BE A MENTOR?"

Know yourself and why you are participating as a Mentor

## PUT YOURSELVES IN THEIR SHOES

- Remember what it was like to be 16, unsure of where you want to go in the world, or how exactly to get there?
- It can be intimidating and awe-inspiring to meet someone whose where they want to be!



# Nice

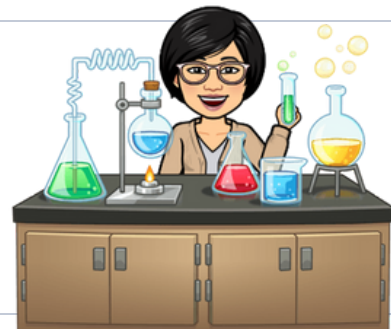


## SHOW GENUINE INTEREST

- You're Mentoring a person
- Take the time to find out who they are, what they like, do you have anything in common?

## CONSIDER WHAT YOU HAVE TO OFFER

- YOU have a wealth of knowledge in your area of expertise, share it!
- Know resources that would interest the person? ie. books, training, a contact, Pass it on!



## 5 WORD IMPACT STATEMENT

- How do you want to impact their lives, in 5 words or less?
- It could be as simple as "Don't sweat the small stuff." This statement can guide your mentorship session.

## BECOME A STORYTELLER

- Sharing personal stories is a great way to break the ice, teach, inspire, and make a point.
- People are more likely to remember info when it is presented in a story



**MENTORSHIP IS AN OPPORTUNITY FOR PERSONAL GROWTH, GIVING BACK, AND PAYING IT FORWARD ALL IN ONE!**

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## LEAD BY EXAMPLE

- Mentorship continues throughout your interactions
- Be cognizant of how you react and interact with colleagues

## CELEBRATE THEIR ACHIEVEMENTS

- Celebrate achievements and provide reinforcement
- Keep morale up where possible



## WHAT STUDENTS WANT TO KNOW, BUT MAY NOT ASK



Your career path? Where did you start/end up?

What does a typical day look like in your position?

What is your favorite thing about your career?

Struggles you overcame to attain your goals?

Recommendations for succeeding in your field?

What advice would you give to 16 year old you now?

What is your top recommendation for networking well?

What motivates you to keep learning?

What techniques help you learn?

How has your career changed since you started?

What is one thing you wish you could go back and do differently to get to your goal career?

**A LITTLE HUMOUR GOES A LONG WAY! HAVE FUN!**