

7 ACTIONS THAT WILL HELP YOU BENEFIT FROM MENTORING



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REVIEW

1. Career development, psychosocial support, and role modeling.
2. Meet regularly (not necessarily often).
3. Mentor and protégé have a meaningful connection based on shared interests.
4. You don't need to like your mentor.



**1. GET REAL ABOUT WHAT
MENTORING CAN AND CAN'T DO**

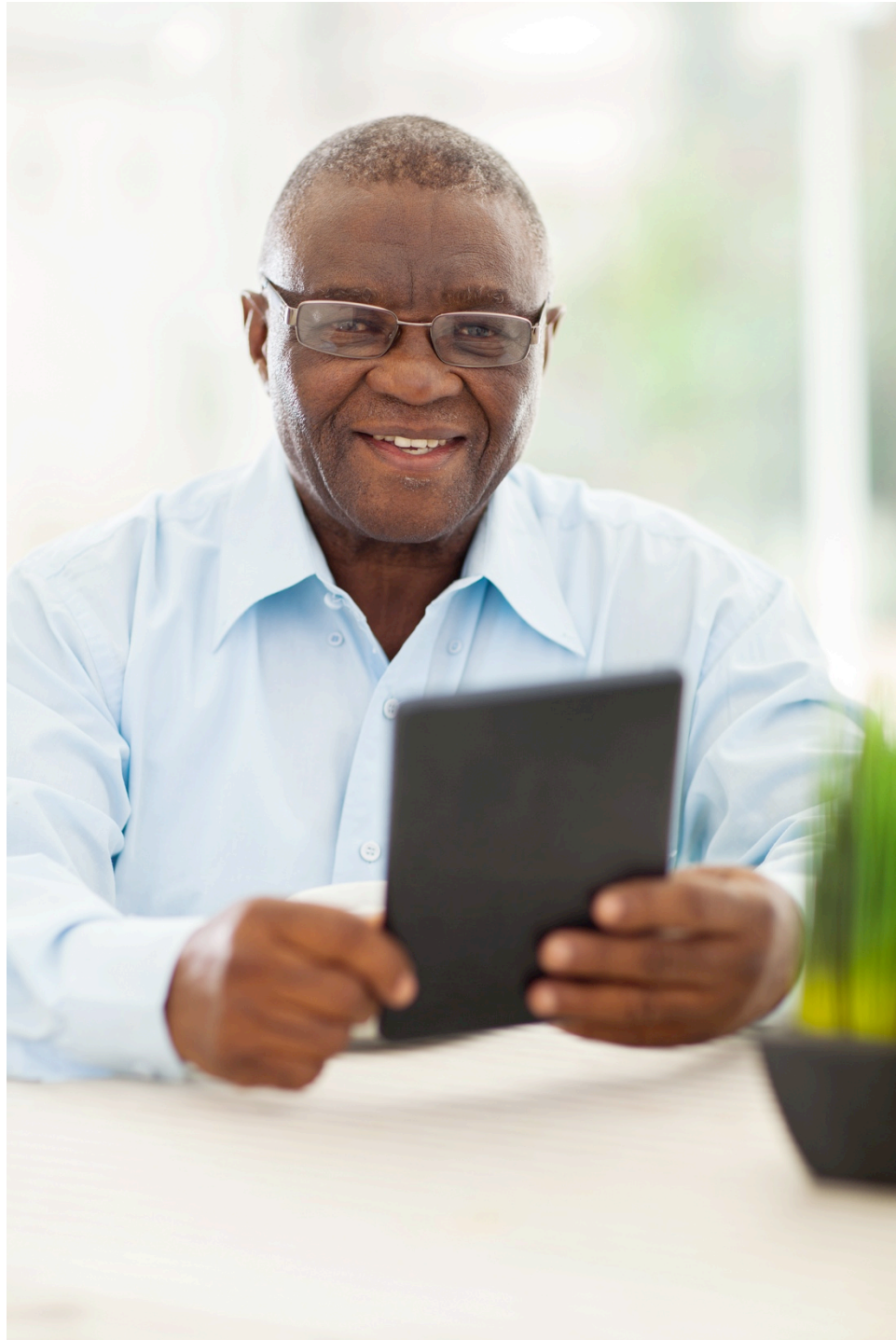




2. IDENTIFY ONE BENEFIT YOU WANT TO RECEIVE FROM MENTORING



3. EXAMINE YOUR EXISTING NETWORK



4. Do Your Homework

5. BEGIN SMALL AND GROW



6. UTILIZE YOUR VIRTUAL RESOURCES





7. COMMIT TO TAKE ACTION

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RESOURCES



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