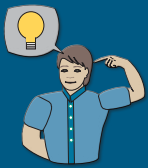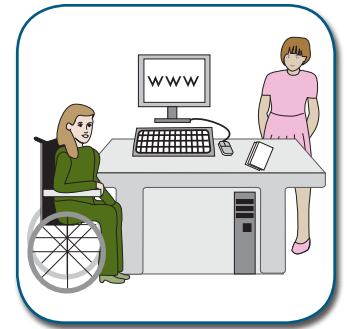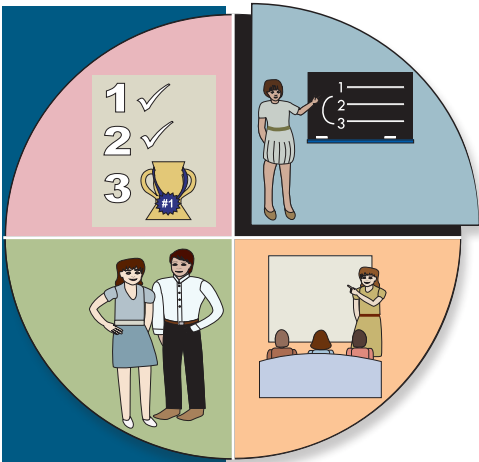# Finding a Mentor

THINK

Set the Goal

Think about how a Mentor could help you with your goal.

PLAN

Take the Steps

Create a way to find a Mentor.
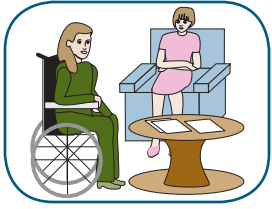
DO

Make it Happen

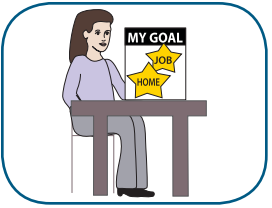Meet with a possible Mentor, decide who is right for you.

NAME

Kim's Story

THINK: Kim focused on making important decisions in her life. She had a life coach who helped her accomplish her goals. Kim knew that she wanted a job helping other people reach their dreams. She wanted to be a life coach and find a mentor who would show her what to do.
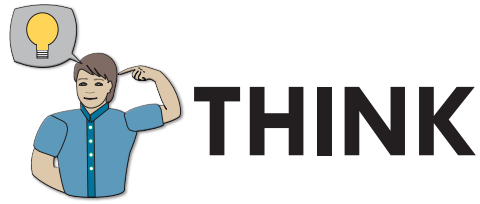
PLAN: Kim decided to research the Internet to learn more about life coaches. She asked her support person to help her find a mentor. Kim wanted to prepare before meeting a professional life coach who could be her mentor. She decided to have her resume ready and go over what she wanted to learn.
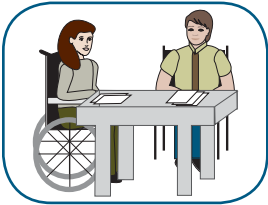
DO: Kim found a possible Life Coach nearby. She arranged to talk on the phone and meet in person. Kim prepared her materials and professional image. She now has a mentor.

Setting the Goal

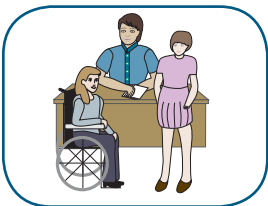## THINK

A Mentor is someone who:

- ☐ Has experience with what I want to do.
- ☐ Has time to meet with me.
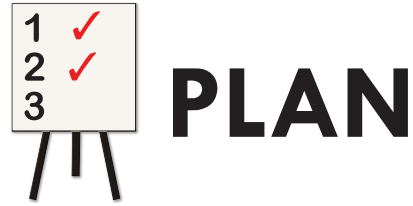- ☐ Listens to me and answers my questions.
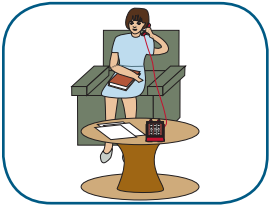- ☐ Gives advice.

What is my goal?

How can a Mentor help me?
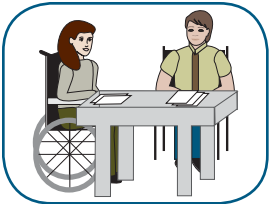
Taking the Next Steps
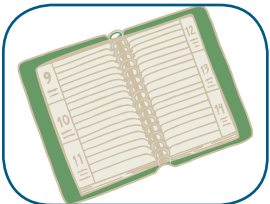
PLAN

Choosing a Mentor:

- ☐ Ask people I know who could be a Mentor.
- ☐ Make contact with a possible Mentor.
- ☐ Share my goals.
- ☐ Arrange a meeting with a possible Mentor.
- ☐ Decide if this person is right for me.

Preparing for the meeting:

- ☐ Personal mission statement.
- ☐ Leadership or career goal.
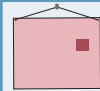- ☐ Resume.
- ☐ Professional image.

Meeting with my Mentor:

- ☐ Decide on what we can accomplish together.
- ☐ Decide on what each of us will do.
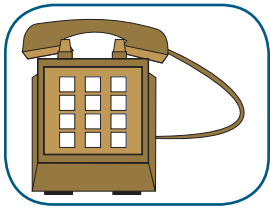- ☐ Set a meeting schedule.

Making It Happen

DO

3
2
1

I will start my plan:

Date

Choosing a Mentor:
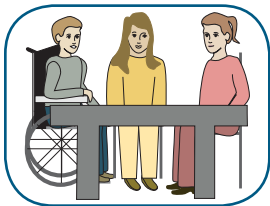
Who can help me find a Mentor?

_____

☐ Make contact to meet with a Mentor.

Preparing for the meeting:

☐ Put together my professional materials.
☐ Have a professional image.

I will get support from:

☐ Friend
☐ Family
☐ Support Person
Name: _____