

Mentoring Worksheet

Every famous athlete, every famous performer has had a coach or mentor to advise and guide them in their careers. Eric Schmidt, Google CEO, contends that one of the best pieces of advice he ever got was to find a coach or mentor. A mentor could be an invaluable help on your career journey. Fill out the information below to help you find the right mentor.

How could a mentor help me?

Sharing: *I want to hear stories of how a person succeeds in this industry*

Modeling: _____

Guiding: _____

Advising: _____

Supporting: _____

Networking: _____

What are the characteristics/traits of my ideal mentor?

Easy to talk with

Whom do I know, or know of, who matches what I need in a mentor? (List 3 to 5 possibilities)

How would I approach and ask a person to mentor me? (Write down what you would say...your mentoring pitch.)

Successful people turn everyone who can help them into sometime mentors.

John C. Crosby, The Uncommon Individual Foundation