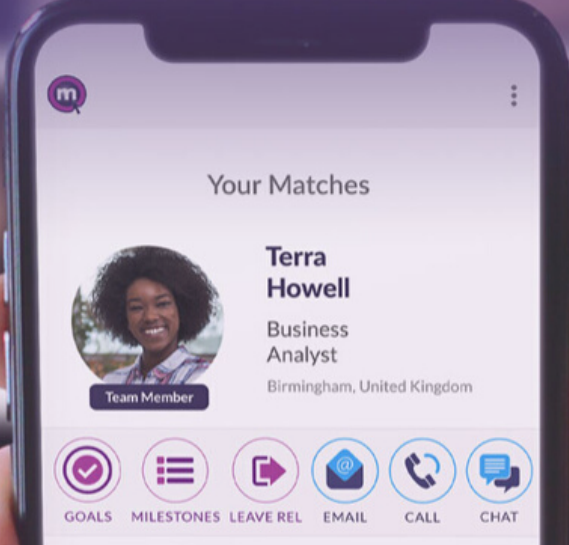




Quick Connections

MENTORING TIPS



FOCUS

1



Have a set goal to focus on and make sure this is actually attainable in the time allotted. An hour is enough time to learn at least one thing to help your career so keep it concise.

2

MENTORS



The goal is to quickly help provide information or to solve an immediate need. Be realistic about what you can actually accomplish or help with and be open to referring the mentee to another expert that may be able to better assist them or add additional expertise.

MENTEES



Do your research ahead of time to ensure the mentor is actually the correct person to help you. A quick chat or touch point prior to scheduling is a good idea to make sure the mentor is the right expert for the job.

3

4



DON'T OVERTHINK

Don't overthink it and don't hesitate to reach out. The goal is to quickly learn from others experiences and expertise. This can be from a wide array of topics including career development, balancing work and home, productivity tips, or even managing during times of stress.

5



NEXT STEPS

Start a new relationship with a new focus
OR
Go deeper on the topic

It's okay if the solution to your problem is more complex than you initially thought. Let your quick connection mentor help you solve the immediate need then consider looking for a traditional mentorship to continue into the future.

Quick Connections

TIME
Around 3 Months
1-3 Meetings

GOALS
Short-Term Goal/Topic

RELATIONSHIP
1+ Mentors | Meets Frequently

FOCUS
Focus On Single
Objective/Goal



Traditional Mentoring

TIME
3 Months- 1 Year
Set Start & End Date

GOALS
Long-Term Goal

RELATIONSHIP
1 Mentor | Meets Monthly

FOCUS
Set Focus Areas,
Goals & Milestones