



QUESTIONS - *I WANT TO BE COACHED OR MENTORED*

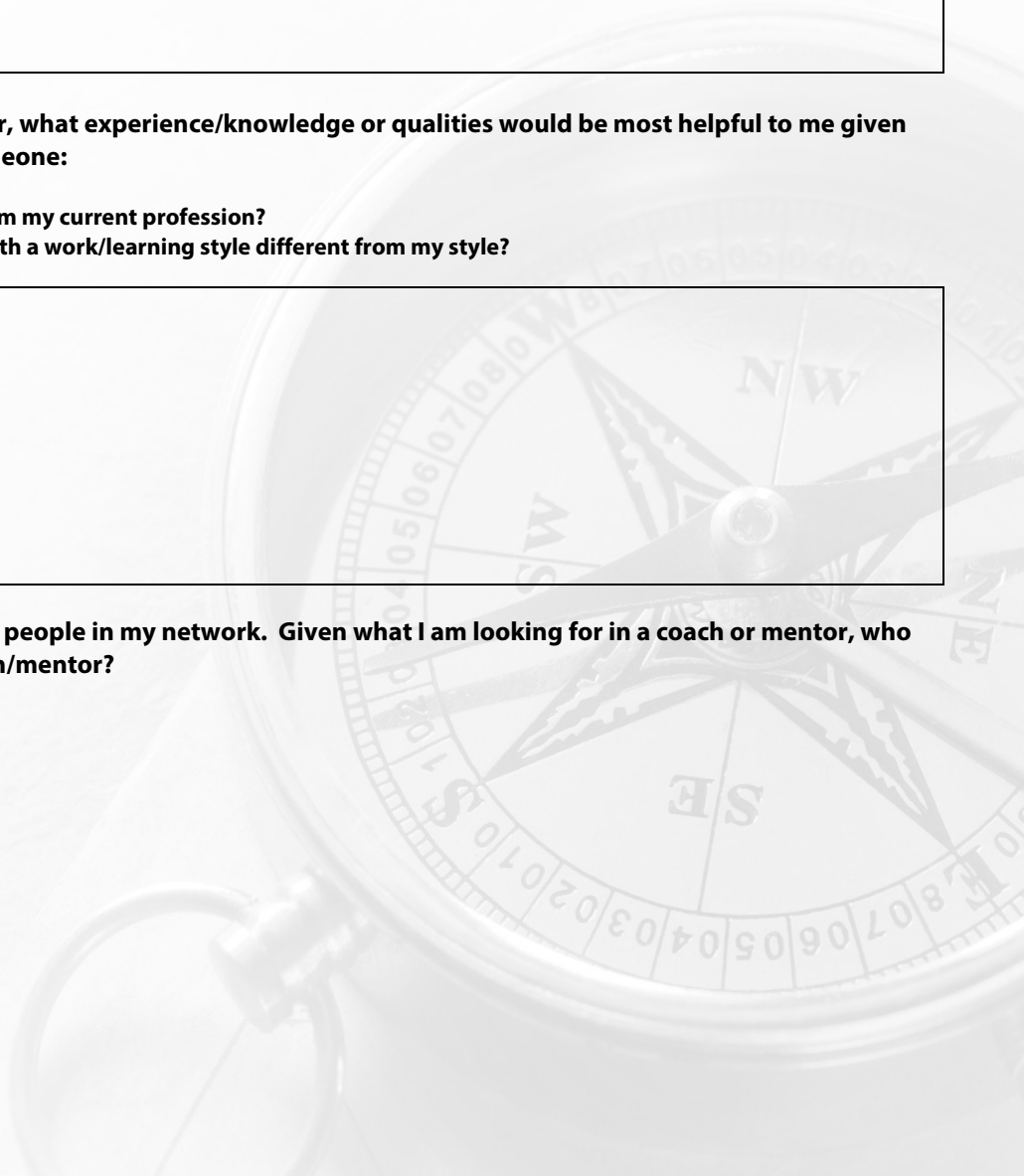
What is my biggest career question right now?

How can I re-state it more specifically as a goal?

When I think about a possible coach or mentor, what experience/knowledge or qualities would be most helpful to me given my goal? Consider, would that person be someone:

- At a higher level in my current profession?
- With insight into a profession that is different from my current profession?
- With a work/learning style similar to my style? With a work/learning style different from my style?

Think about my network; sketch out names of people in my network. Given what I am looking for in a coach or mentor, who might be able to be or introduce me to a coach/mentor?





QUESTIONS - *I WANT TO BE A COACH OR MENTOR*

Am I currently situated to help someone as a coach or mentor? Consider these questions:

- Do I have the time and energy to play this role for someone?
- Am I feeling generally happy / content with my current position?

What specifically would I hope to gain by contributing as a coach or mentor?

Think about my network; sketch out names of people in my network. How can I make myself visible to others who might look to me as a possible coach or mentor?

