

**WHAT KIND OF A MENTOR WOULD YOU BE?**

Before going further, it is a good idea to think back on the relationships that you have had in the past. Who in your past acted as a mentor to you? Take the time to think about a coach, a teacher or a family member who significantly influenced you when you were beginning your career. You will gain more from your future mentoring relationship if you take time, before you begin, to learn from your past. It doesn't matter whether the person was referred to as a mentor, what is important is how the person influenced you and gave you special attention. Take the time to answer the following questions:

**Personal Reflections – Mentors in your past**

1. As you think back to when you were beginning your career, do you recall in any individuals in particular? Who were the people who really made a positive difference in your life? Make a list of them below.

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2. Select two of these individuals who were particularly influential. Why do you think they took a special interest in you? What qualities did you have that made them want to spend time with you or encourage you?

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3. What was it that made each of them a great mentor? What did these important people have in common?

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4. What might these experiences teach you about how you want to be as a mentor? What lessons can you take away from these role models?

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**STRATEGIES FOR SUCCESS IN MENTORING**

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5. After analyzing these mentoring experiences from your past, consider the following:

a. Mentoring is important to me because: \_\_\_\_\_

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b. In becoming a mentor, I hope to gain the following: \_\_\_\_\_

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c. My protégé will gain the following from a relationship with me: \_\_\_\_\_

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6. What expectations (both mine and the protégé's) do I need to discuss with my protégé?

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