



# Mentorship Discussion Topics

## Questions to ask at each meeting

- What are you most excited about in the next month?
- What will be most challenging in the next month?
- How can I pray for you this month?

## Professional

- Personal brand
- Dealing with failure
- Giving and receiving feedback
- Career planning and advancement
- Job shadow
- Interview skills
- Resume advice
- Finding the right company culture
- Pros/cons of small vs large company
- Negotiating job offers
- Conflict resolution with peers and managers
- Navigating office politics
- Future trends affecting one's career
- Ethics in the workplace
- Professional and personal mission statement
- Strategic networking
- Conducting informational interviews
- Cultivating soft leadership skills (i.e. emotional intelligence, humility, question-asking, empathy, boundaries, etc.)
- Leading meetings, 1:1 meetings, etc.
- Becoming entrepreneurial
- Working remotely/onsite

## Academic

- Goal setting
- Leadership Development in a professional setting (training options)
- College experience reflection and recommendations
- Preparing for the transition from college to career
- Graduate school considerations
- The value of joining a professional organization



## Personal

- Pursuing your passions, not money
- How to find your purpose
- Time management
- Building healthy habits
- Personal finances and budgeting
- Self-awareness
- How to seek mentors in one's career
- Marriage and romantic relationships
- Family, kids, and career

## Spiritual

- Faith/work integration
- Finding your calling
- Identifying and responding to moral challenges

## Activities

- Host mentee at office for job shadow
- Ask mentee to review your LinkedIn and make introductions
- Use tools (e.g. StrengthsFinder, DISC) to discuss strengths, passions, and values to help identify career fit
- Practice behavioral interviews and provide feedback
- Practice informational interviews and provide feedback
- Practice "elevator speech"
- Meet with another mentor-mentee pair
- Attend networking/professional association meeting together
- Read a book together
- Do something fun! Go for a walk, attend chapel, checkout a sporting event.
- Invite the mentee over for dinner
- Practice driving into downtown Minneapolis or St. Paul