



# MENTOR/MENTEE

## Conversation Starters

### *Mentee to Mentor*

#### **Career Guidance**

How did you navigate your own career path, and what challenges did you face? What skills do you think are most critical in our industry? Can you suggest any resources (books, courses, conferences) that I should explore?

#### **Goal Setting**

Based on my current goals, what areas should I focus on developing? How can I create an action plan to achieve my career objectives? What would be a realistic timeline for reaching certain milestones?

#### **Skill Development**

What skills or experiences helped you the most in your role? How can I better position myself for new opportunities within my organization? Do you see any gaps in my skill set that I should work on?

#### **Networking & Relationships**

How do you approach building professional relationships? Do you have advice on networking effectively in our field? Are there any key individuals or groups that you think I should connect with?

#### **Feedback & Improvement**

Can you give me feedback on my current performance, both strengths and areas for improvement? How can I improve my leadership/communication/teamwork skills?

#### **Work-Life Balance**

How do you manage work-life balance, and what advice would you give for maintaining it? Have you faced any moments of burnout, and how did you recover?

#### **Long-Term Vision**

Where do you see our industry heading in the next 5-10 years? How should I position myself for long-term success and adaptability in this changing environment?



# Mentor to Mentee

## Career Vision

What attracted you to your current career path, and what do you hope to achieve in the next 5 years?

## Challenges & Opportunities

What challenges are you currently facing in your role or development? Are there any specific opportunities or projects you are hoping to pursue in the near future?

## Learning & Development

What areas of your professional development do you want to focus on right now? How do you learn best—through experience, mentorship, or formal education?

## Self-Reflection

What do you consider your biggest strengths, and how do you leverage them in your work? Are there any areas where you feel you could improve, and how do you plan to address them?

## Action Plan

What steps have you taken to achieve your goals so far, and what's next on your list? How can I help you stay accountable for your goals and growth?

## Feedback

How do you prefer to receive feedback, and what kind of feedback is most helpful to you? How do you handle constructive criticism or setbacks?

## Work-Life Integration

How are you managing your workload and work-life balance right now? Are there any areas where you feel overwhelmed or under-supported?

## Networking & Mentorship

Are there any people or networks you've been thinking about connecting with for support or opportunities? Do you have any specific questions about how to grow your professional network?

