Exercise

# Finding the Right Mentor or Mentee

**Identifying Your Potential Mentee and Planning Your Approach**

Objective: To identify your expertise and consider who might make an ideal mentee.

Instructions:

1. Identify a topic or skill in which you are proficient or well-versed. Write a brief description of this expertise and why it is valuable in your field or role.
2. Consider who in your current professional network would significantly benefit from learning this topic or skill. This could be a colleague, a junior team member, or even a peer who has expressed interest in this area.
3. Write down their name and consider how this knowledge could help them grow professionally. How could it impact their current position? How could it help them in their overall career progression?
4. Now, reflect on how you could approach this person to offer your mentorship. Use the reasons you've identified for why they would be an ideal mentee as part of your approach. What would you say to them? How could you propose the mentoring relationship? Write down your plan.