



mentor

- Share valuable professional articles
- Invite your mentee to meetings they could learn from
- Talk through conflicts you are facing to build capacity for your mentee
- Plan to attend conferences together and dialogue about sessions
- Set up further networking opportunities
- Share your lessons learned
- Share leadership quotes
- Ask the mentee about their desired career path
- Offer advice
- Share key leadership lessons
- Recommend books
- Talk about work/life balance

mentee

- Share new ideas you are considering implementing
- Attend meetings/events with your mentor
- Ask for suggestions about conflicts you are facing
- Plan to attend conferences together and dialogue about sessions
- Don't be afraid to reach out and initiate conversation
- Consider joining affiliate
- Ask key questions related to “why” and “how”