



THE EVEREST *Leadership Academy*

One Minute Mentoring

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Introduction

- “If I could go back and tell the 21 year old version of me one thing it would be ‘Get a mentor.’ – Jon Acuff
- “Life’s journey doesn’t need to be a lonely walk. Being a mentor is your opportunity to share your learning moments to help someone step into the best version of their personal self, and it feels good doing it.”
- Most people agree that having a mentor is a good thing, but they don’t know how to find one or use one.



Types of Mentoring

- New hire
 - Peer-to-peer
 - Adult-to-adolescent
 - Cross-generational
- Successful people do not reach their goals alone. Behind every successful achiever is a person or group of people who helped that person succeed



Asking for Direction

- When you have a problem to solve, talking about it is a good first step
- Potential mentors are all around you once you start looking for them
 - Former supervisors
 - College alumni
 - Teachers
 - Neighbors
 - Friends
 - Professional organizations



A Mentoring Relationship

- Essence is all about sharing heart-to-heart and finding common values.
Form is about structure
- The first step in any relationship is to have a clear mission statement
- Decide how you want to communicate with each other – how often?
- Difference between mentoring and coaching:
 - Coaching is focused on short-term, task related issues
 - Mentoring focuses on big-picture, LT goals



Learning to Network

- Cultivating productive relationships is a major key to success
- Take note of people you meet:
 - Date
 - Subject matter
- Expand your network
 - Build and maintain trust
 - Bring you new perspectives and ideas