

Career Mentoring Conversation Guide



MENTOR
THE NATIONAL MENTORING PARTNERSHIP

Step 1 - Focus on Getting to Know Each Other

- Within a minute, share an overview of who you are.
- Where are you in your career journey?
- Why are you here today? What are you hoping to get out of participating in today's event?

Step 2 – Transition to Career Mentoring

CAREER INTERESTS

- What careers are you most interested in?
- What is it about these careers that peaks your interest the most?

STRENGTHS & SKILLS

- What are you good at? What comes naturally to you? What do you enjoy doing?
- What strengths and skills do you want to align to your career?

CAREER GOALS

- What do you want to achieve in your career in the next 6-12 months? How about 5-10 years?
- Why are these goals important to you? What motivates you to achieve these goals?

CAREER ACTION PLANNING

- What action steps can you take to move towards your short and long-term career goals? Prioritize.
- Who are people that could support you with your action steps?

Step 3 – Talk Through Next Steps

- **Stay Connected:** Connect with each other on LinkedIn.
- **Take Action:** When do you want to complete the action steps prioritized?
- **Share Progress:** Provide updates on your progress and ask for follow-up advice via LinkedIn or email.
- **Expand Connections:** Consider additional networking opportunities (LinkedIn intros, additional career conversations, local networking events).