

## HOW TO SET MENTORING GOALS

It's very important that you spend time thinking about what goals you want to set for you and your mentor to work towards during the duration of the relationship.

What's a good number of goals to have? Between 2-3 is a good number! It's not set-in stone, but you don't want to have too few, and conversely, not too many so you are overburdened.

What are some examples of Goals?

"Build a professional network"

"To learn more about an industry or market sector"

"I'd like to build my confidence"

"Be able to build a life/work balance"

"Learn people skills"

"Develop my networking skills"

"Learn more about what it's actually like in the workplace"

"Learn about the different career paths that might be open for me"

## HOW TO MAKE YOUR GOALS 'SMART'!

**S** Specific

Clear and detailed goals that are meaningful to you

**M** Measurable

Easy to measure progress and accomplishment

**A** Attainable

Realistic goals that you can actually achieve

**R** Relevant

Goals that move you towards your vision

**T** Time-Based

Set a deadline to complete each goal

## WRITE YOUR GOALS

The simple acts of recording your goals:

- \* Reinforces your commitment to accomplish them
- \* Gives you (and your mentor) a working plan
- \* makes it easier to follow through