

## REFLECTION QUESTIONS:

### Activity 1: Identify Your Mentorship Network

Think about someone who has guided, supported, or inspired you.

- 1) Name your mentor(s) below
- 2) What characteristics that made them a good mentor.

### Peer Mentorship

Peer mentors provide mutual support and shared experiences.

- 1) Name your peer mentor(s)
- 2) What have you learned from each other?

### Activity 2: Explore Mentorship Opportunities

Reflect on areas in your life or work where mentorship could be beneficial.

List at least two areas where mentorship could have a positive impact:



## REFLECTION QUESTIONS CONTINUED:

### Activity 3: Action Plan for Mentorship

Based on what you've learned, think about how you could either become a mentor or seek mentorship in new areas.

- 1) How can you support someone in need of guidance?
- 2) What steps will you take to find a mentor in your desired area of growth?

### BONUS CHALLENGE:

Identify potential barriers to effective mentoring in your role or organization and brainstorm solutions to overcome them.