



Mentoring Program

HOW TO SET MENTORING GOALS

Spend time thinking about what goals you want to set, to work towards during the mentoring relationship.

What's a good number of goals to have? More than 1 but less than 6 is good. Don't over-commit – less is sometimes best.

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, meaningful goals

M MEASURABLE

Easy to measure progress and completion

A ATTAINABLE

Realistic goals

R RELEVANT

Goals that move you forwards

T TIMELY

Set a deadline

RECORDING GOALS

- Reinforces commitment to complete them
- Creates a clear plan
- Makes it easier to follow