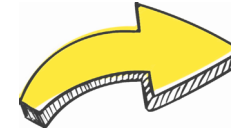


Mentor/Mentee Discussion



After meeting Mentee will:

Optional: Write letter from “future self” to “current self” – in it, discuss your setbacks and how you got through them. This is a powerful way to personally visualize the journey.

1. Complete “future self” Empathy Map and compare it to “current self.” What do you notice?

2. Brainstorm goals to move from current to future self

Optional: Try out the 2x2 Prioritization tool to help prioritize by year

(ex. 1 axis: short/long term goal vs axis 2: more/less critical to my professional growth)

3. Evolve mentoring and development plans– ask yourself – “does this help move my current self to my aspirational future self, or is this just what I think I should be saying?”

4. Share forms with personal development stakeholders (ex. program leads, mentors)