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# MENTORING

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## WHY?

- Raise ourselves and others to a higher level of work and achievement.

## HOW?

- Connect regularly; have a consistent agenda.
- Set annual goals and check on progress. *"What do you want to achieve in 2018?"*
- Actively listen, keep notes and follow up.
- Offer encouragement. *"You'll figure it out."*
- Share personal stories. *"I had a similar experience . . ."*
- Introduce to others; open new doors.
- Share resources.
- Help uncover each others' strengths. Suggest new directions to explore.
- Offer a new perspective. *"Have you considered XXXX?"*
- Nudge in new directions. *"I always thought you'd be great at . . ."*
- Celebrate successes.
- Express gratitude. *"I so appreciate your time, encouragement and connections."*



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## RESOURCES:

- *Mentoring 101* by John Maxwell
- The Elements of Mentoring by W. Brad Johnson and Charles R. Ridley
- Tribe of Mentors by Tim Ferriss
- Mentoring Moments podcast by Denise Restauri

## PRESENTORS:

### ***Eva Monheim***

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*GWA 2018 Conference — Chicago, IL*



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