



A compass to insights and resources for building positive and focused mentoring experiences

Identifying Your Mentorship Coordinates

STEP 1. Your “Mentorship Why”

In 1 or 2 sentences or bulletpoints, fill out the boxes below:

Where am I professionally?

Example: I'm in the first month of my PhD program in Nautical Engineering.

Where do I want to be?

Example: After I defend my PhD, I want to open my startup, using my knowledge of sails, and sustainable materials.

How will my mentor help me?

Example: 1. developing technical skills, 2. networking with VCs, 3. launching the business.

STEP 2. Your Mentorship Goals

Remember: Objective is your destination. Using the SMART style, fill out KRs (Key Result) as the measurable outcomes, and Action Steps to reach KRs.

Objective _____

KR 1. _____

Action Step 1. _____

Action Step 2. _____

Action Step 3. _____

KR 2. _____

Action Step 1. _____

Action Step 2. _____

Action Step 3. _____

KR 3. _____

Action Step 1. _____

Action Step 2. _____

Action Step 3. _____