

TRU CAREER MENTORING

Discover the power of networking

Getting to Know Each Other

Meeting #1

Introductions: Introduce yourselves on a personal level. Mentors and Protégé can use the questions below to help formulate their introduction of themselves. You do not have to wait to be asked you can introduce this on your own.

Introduction Suggestions:

- What influenced you to be here and now in Kamloops?
- What are your hobbies, interests, education?
- Where did you grow up?

Sample Conversation Starters:

Mentor:

- Tell me about yourself?
- What are your interests as they pertain to this profession?
- What are your short term career goals, if any?
- What are your favourite courses and why?
- What are you hoping to learn from this mentoring relationship?
- Is there any specific advice you're looking for?

Protégé:

- What is your career story how did your education and volunteer work impact this path?
- How did you get started in this industry?
- What are your duties/functions/responsibilities with this company?
- What do you like most about your position?
- How is the economy affecting this industry?
- What is the best career advice you've received?
- Did you have a mentor? Have you been involved in mentorship programs before?



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Suggested Activities:

1. Meet in a public place to get to know each other
2. Go for coffee or lunch
3. Face to Face meeting
4. Office meeting

Need advice or have comments? Contact Arlene Olynyk or Susan Forseille

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Look for the next Mentorship Resource page coming in January

