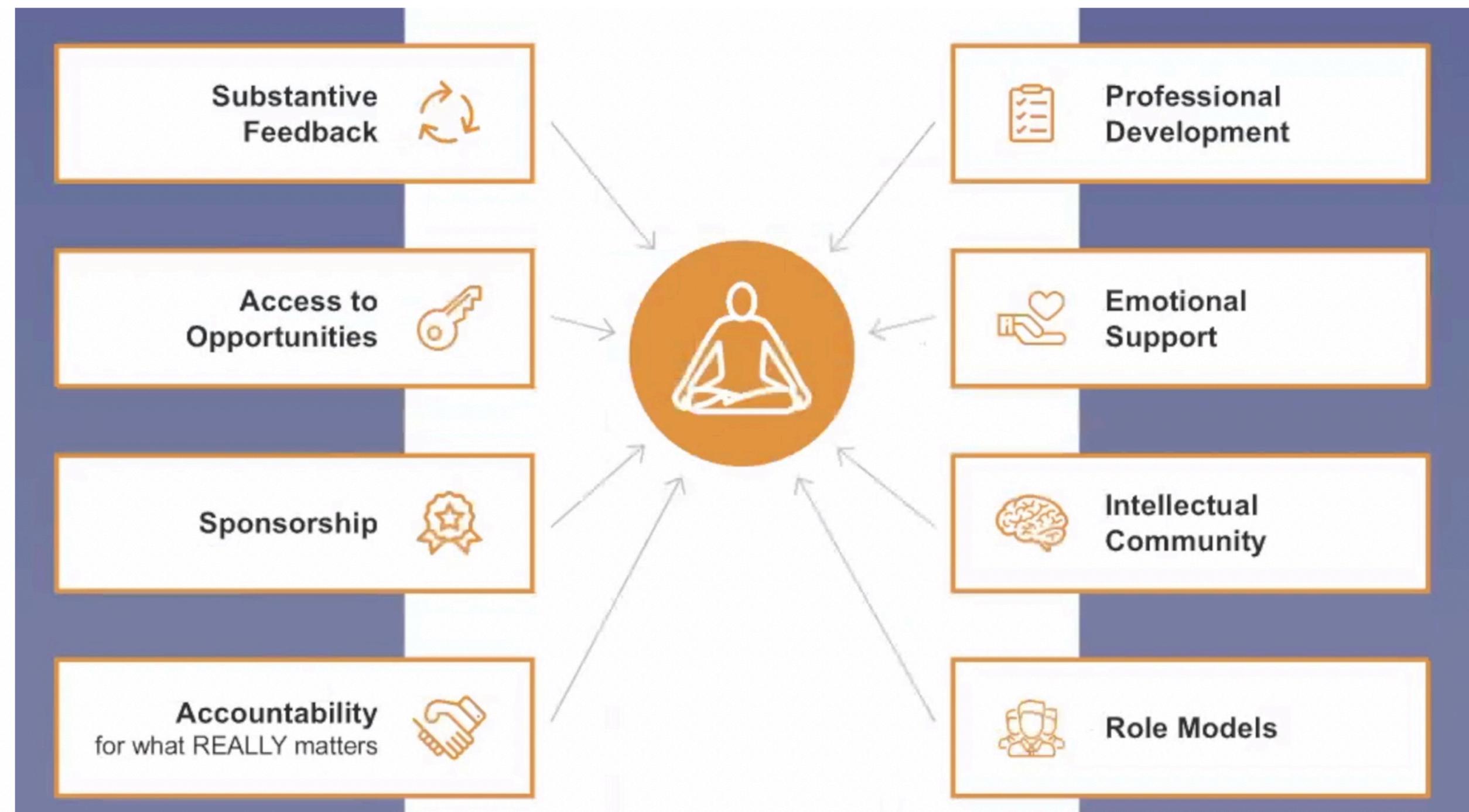


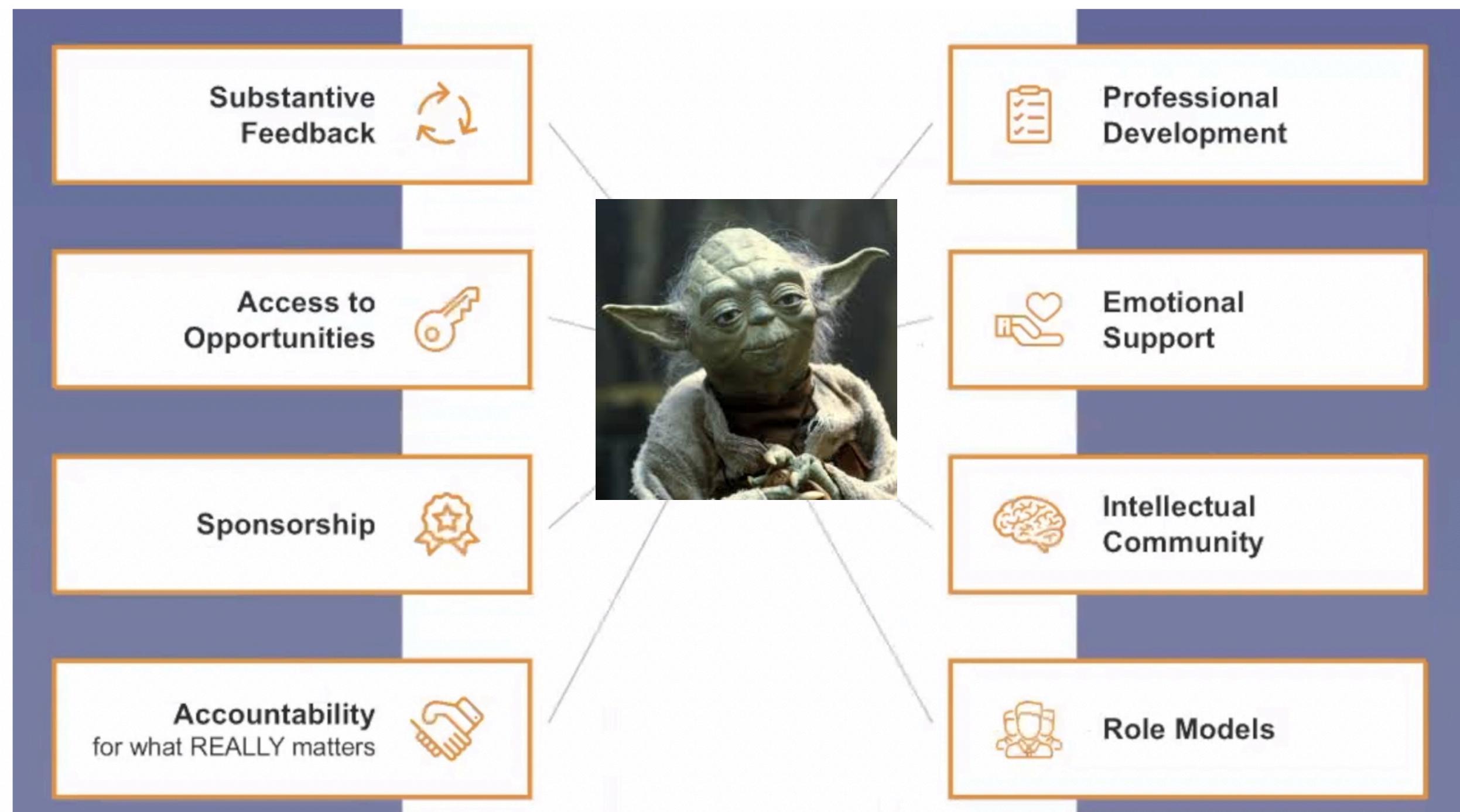


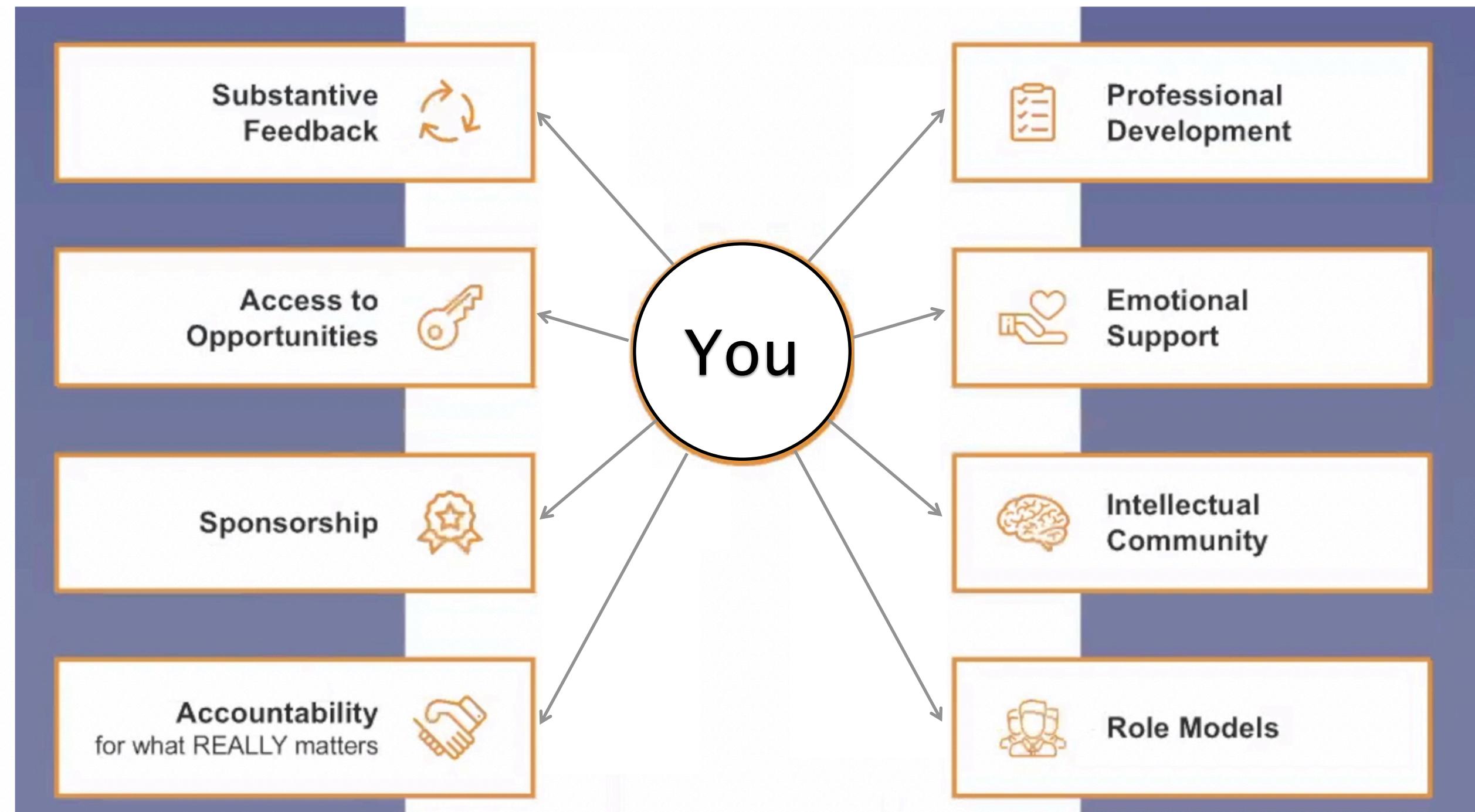
Building a professional network

What is mentoring? What do we need from mentors?

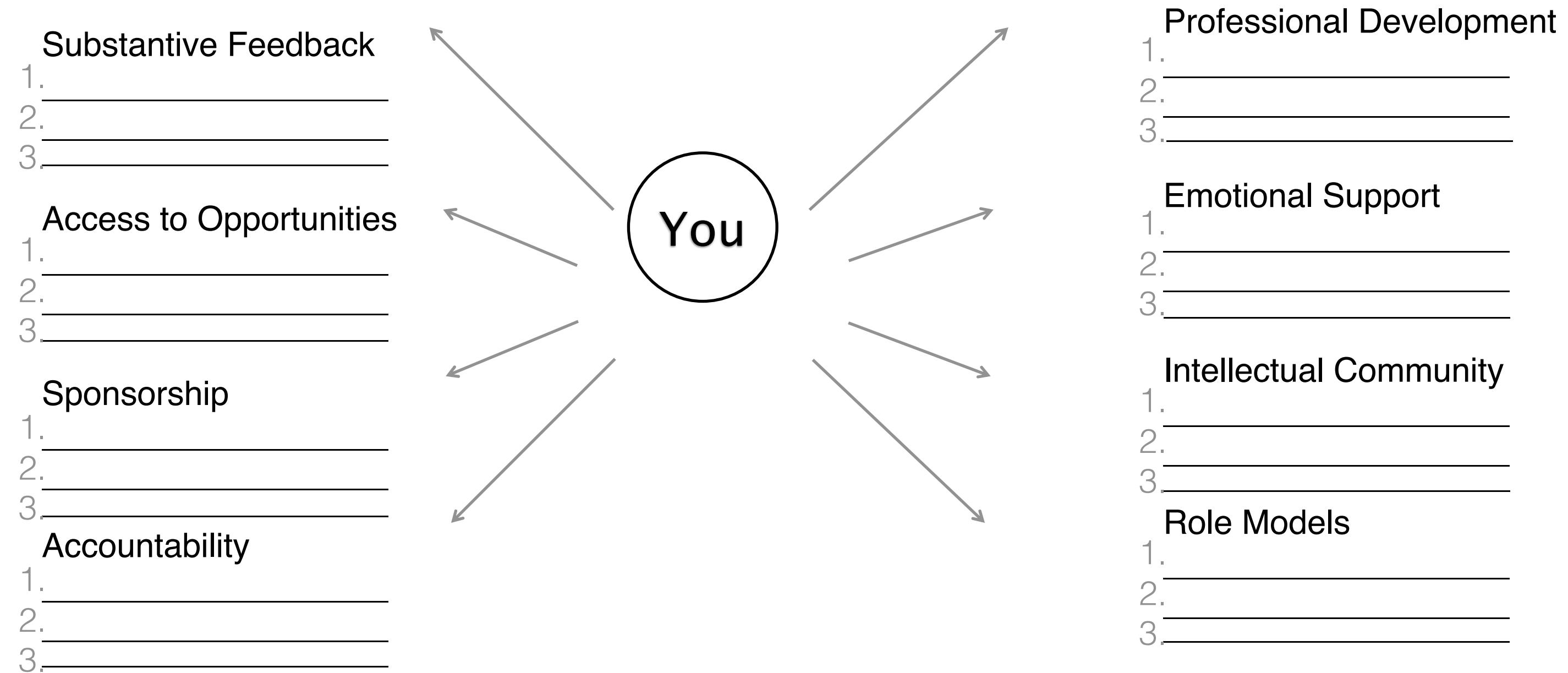


This and other slides: National Center for Faculty Development and Diversity (<https://www.facultydiversity.org>)





Mapping your professional network



Cultivating a thriving mentoring network

It requires knowing **WHAT** you need and **ASKING** for it!

- 1. Assess your current network**
- 2. Identify your current needs**
- 3. Ask: How can I get my needs met?**
- 4. Plan to maximize your opportunities**
- 5. Identify your limiting beliefs**
- 6. Commit to ACTION**

How can YOU move towards getting your needs met?

Missing piece: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Identify your limiting beliefs

Common mistake: you have some *limiting beliefs*

Differentiating the ideal from what's real	"It's really all about the work, so if I just do great work I'll be successful."
Reactive vs. proactive stance	"Everyone's so busy, I don't want to bother anyone with _____."
Hyper-individualism	"I can figure everything out myself."
Perfectionism	"I hold on to work until it's perfect."
Staying safe/playing small	"I only connect with people in my department that I like."
Super _____ syndrome	"I take care of everyone else's needs (while ignoring or neglecting my own). Taking care of my needs is selfish."

Identify your limiting beliefs

LIMITING BELIEFS	CHECK ALL THAT APPLY
Who am I to contact _____?	
My work isn't ready to show anyone/good enough.	
I may be rejected/embarrassed/humiliated	
I don't have the time/resources to _____.	
Nobody has ever helped me in the past, so nobody will help me now.	
I'm afraid of _____.	
I don't know where to find _____.	

Commit to action

What are THREE actions you can take this week to move forward?

1.

2.

3.

Seek out new mentors for every career stage

