



# Building a professional network

What is mentoring? What do we need from mentors?

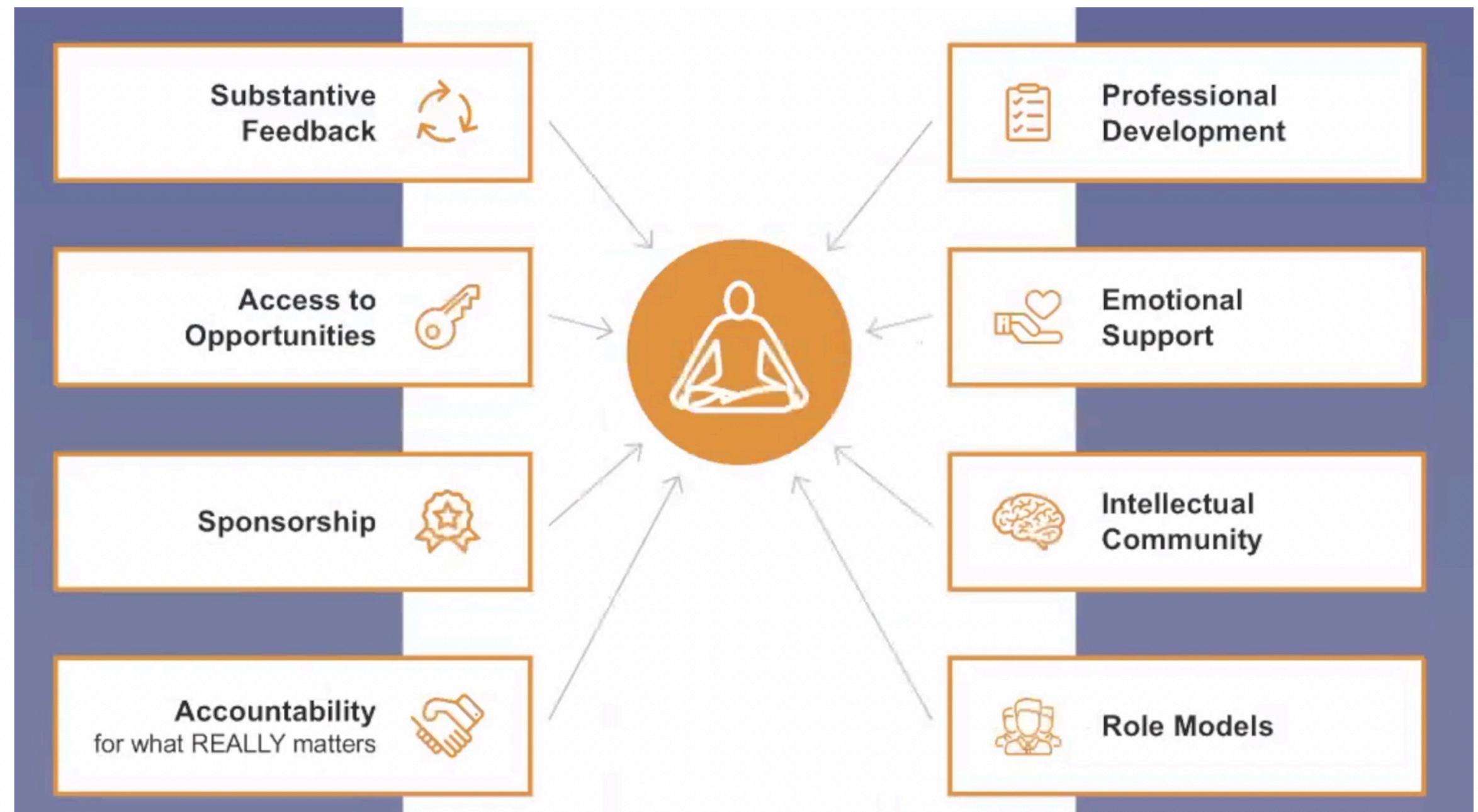
December 28, 2020

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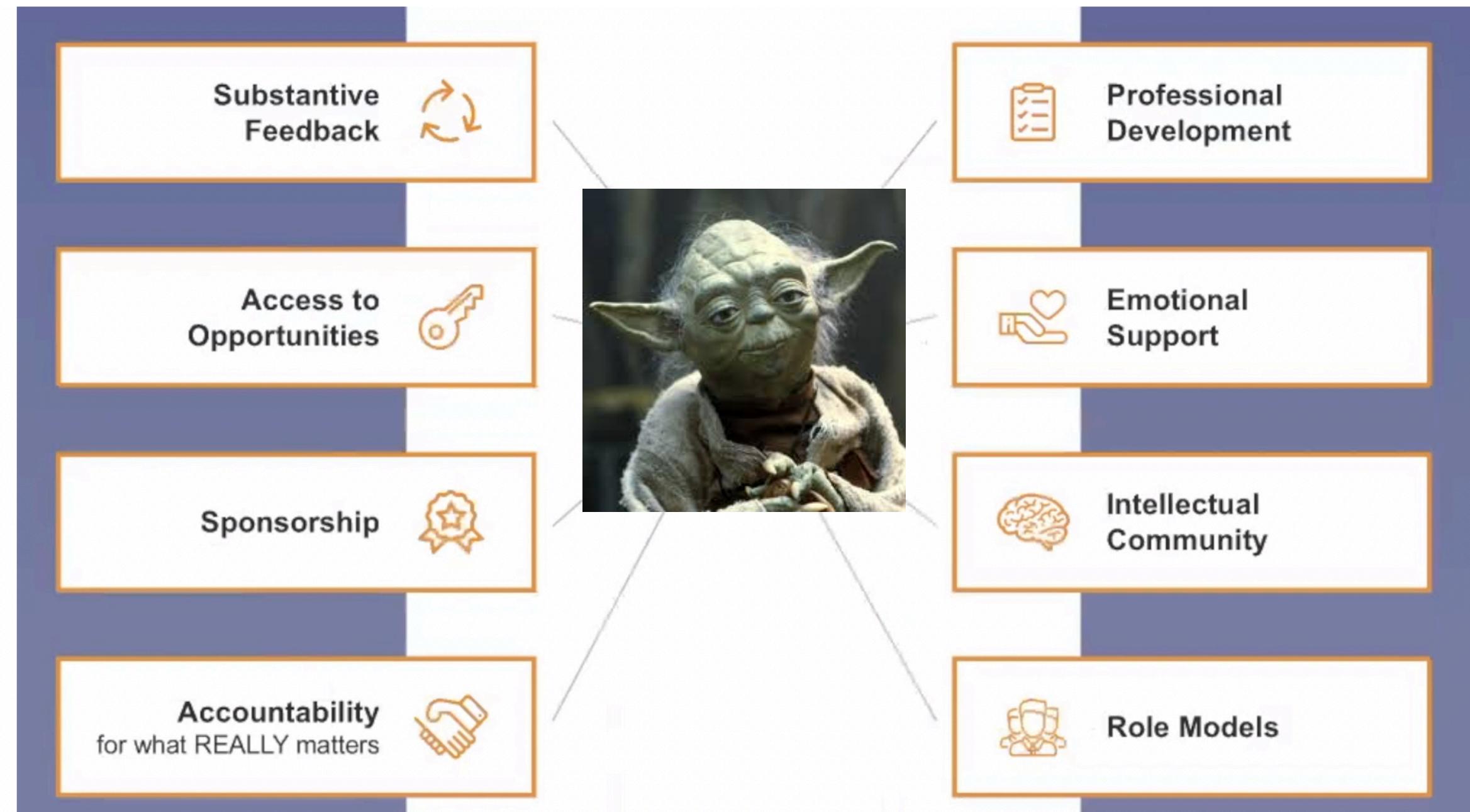
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Integrative Biology

IB 305: Thriving in Academia

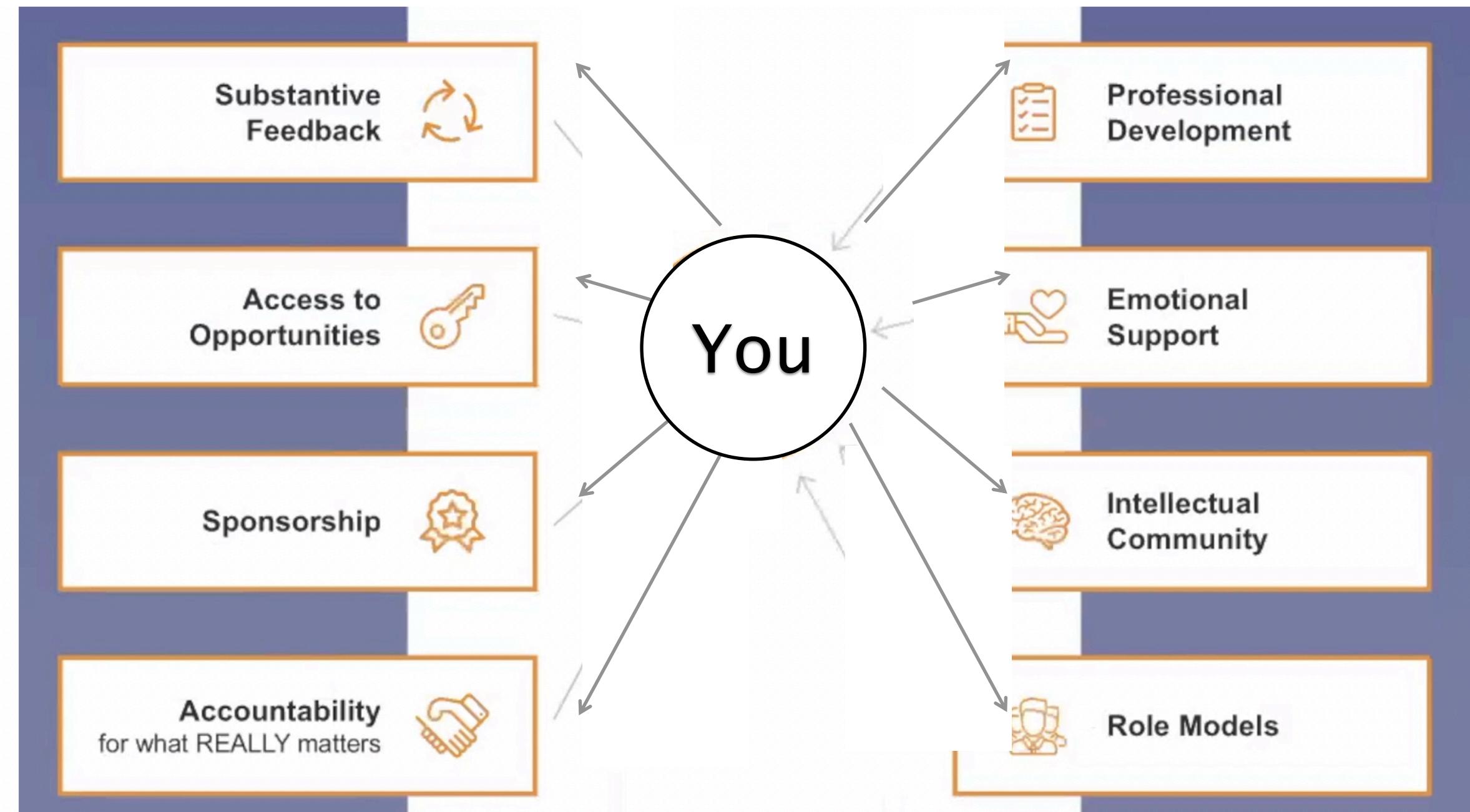
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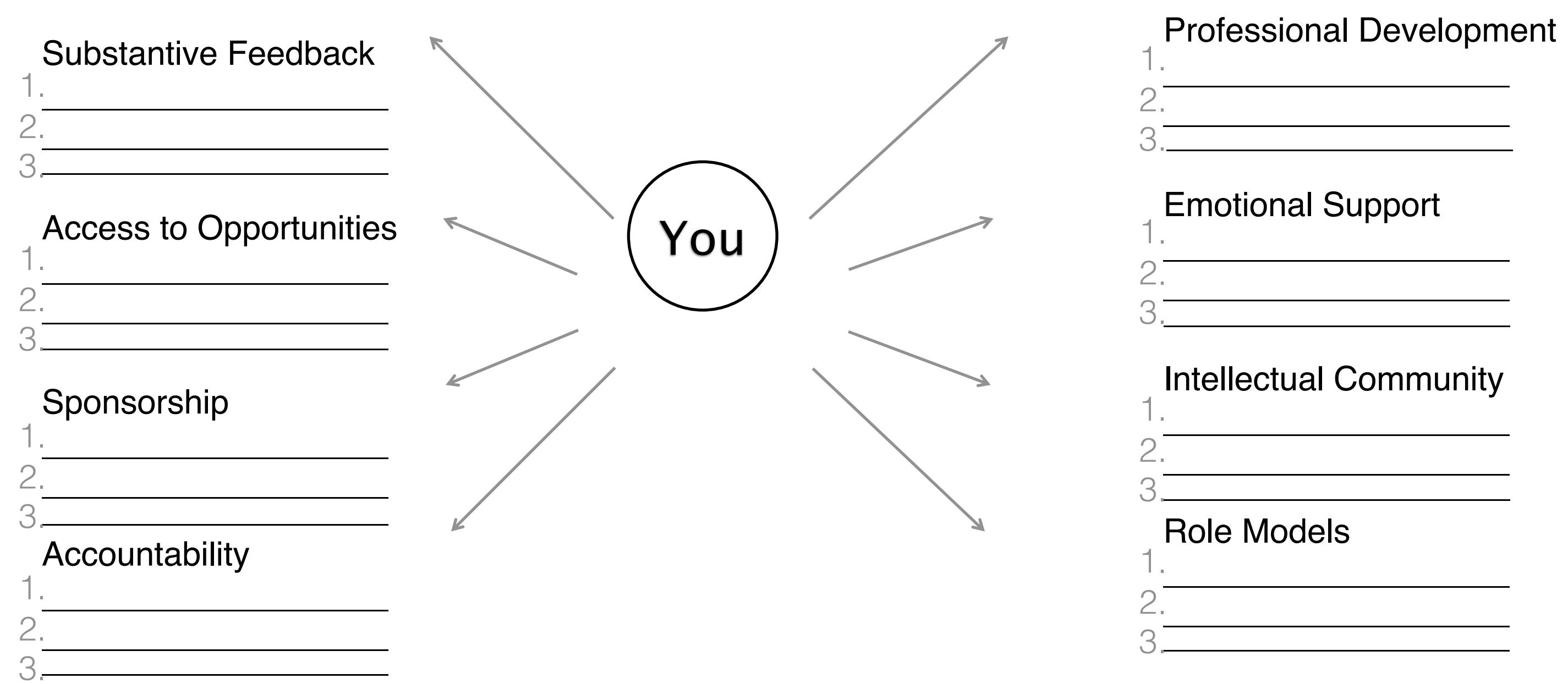


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# Mapping your professional network



# 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*

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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.**

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**2.**

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**3.**

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# Seek out new mentors for every career stage

