



How to Find a Mentor

www.familiesmattermost.com

What is a skill you want to improve in?

Do you want to improve your parenting skills? Get better at balancing a career with running a household? Leadership skills? Want to have a stronger marriage?

Skills to improve: _____

Who do you know that excels in this area?

A mistake we sometimes make is looking for the perfect person. Instead, who is really strong in the specific area you want to improve in?

What are some ways you can add value to a potential mentor?

Don't ask them to "mentor" you. That's intimidating! Productive people are often busy people, but can you help to offset their time by providing a meal, babysitting their children, raking their leaves, or helping them with an administrative task?

What is something you can do that would bless them?

How can you logistically meet with them?

Can you logistically find time over the weekend to treat them to a meal or have them over? How about meeting them at their office and bringing bag lunches for both of you? If neither of those work even asking for a few minutes over the phone would be helpful. Tailor this approach to fit your situation: "First of all, I think you (are an amazing wife, are so patient with your kids, have a great balance with home and work life, are an excellent leader, etc) I'd love to ask you a few questions about (parenting, business, marriage, etc). I know you're busy, but you still need to eat! Could I (have you over, take you out for lunch, bring you a meal, etc)?

Show up ready to learn:

Show up on time, with a notebook and pen. This person is giving up their own time for you, so really make the most of it. Take notes that will help you apply what you're hearing in your own life. This is not a time for you to vent or complain, remember you want to learn and apply new tools so ask great questions!

Some questions to ask:

- Do you remember what it was like at my stage? What helped you?
 - Do you practice any specific habits that have helped you succeed?
 - Have you always been naturally good at this?
 - What do you do on the "hard days" when you feel like giving up?
 - What skills or tools has made you successful in this area?
 - Is there an area of this role that is particularly hard for you?
 - What words of wisdom helped you get this far?
 - Do you foresee any pitfalls that I should be concerned about?
 - Where do you see my strengths? and What should I focus on to improve?
 - What is your vision for yourself ten years from now?
 - Do you recommend any books or trainings that have helped you?
 - If there was only one piece of advice you could give me, what would it be?
-
-
-
-

Follow up:

Once you've met with the "mentor", be sure to thank them for their time and reiterate how it encouraged you. This person will love feeling like they are truly helping somebody else. Put a reminder in your phone to send a thank you card or email afterwards, and to make it even more excellent tell this person what you've applied already! They'll love that you're taking this seriously, and, I promise you, they'll be willing to make time for you again!

Without ever saying the word, you will have found yourself a "mentor"! Now pay it forward and go make somebody else's life better!

**-Jenn Dean
Families Matter Most**