

Everyone needs formal and informal mentors to help them grow and learn. It can be scary to ask someone to be your mentor. Here are some Dos and Don'ts that may help when asking someone to be your mentor.

### DO...

- **Communicate what you respect about him/her** – This shows that you know why you would like them to be your mentor.
- **Communicate your situation and how their mentorship can help** – Share with them where you are headed with your life and career, and why their experience and knowledge can help.
- **Actually ask the question, “Would you consider being my mentor?”** – Some people can shy away from the question and leave the person confused. If the person is a stranger, consider starting with coffee before asking the question outright. People only become mentors when there is mutual respect and personal rapport.
- **Communicate what type of mentor relationship you are looking for** – This includes how often you would like to interact, the type of advice/feedback you are hoping to receive, etc.
- **Listen and adapt to their response** – Chances are, this person will be happy to be your mentor. If they say no, do not take it personally. People are very busy and may not be able to commit. Respect their decision.
- **Follow up** – It's up to you to make it easy for others to help you.



### DON'T...

- **Expect a yes, and don't take it personally**
- **Assume what's convenient for them** – Everyone works and interacts differently, so ensure that you ask what is the best way to keep in touch
- **Wait too long before asking**
- **Ask strangers where you have no connection**

**Reach out to a member of the TRU leadership team if you need assistance with connecting to a potential mentor!**

### References:

*Bemycareercoach.com/soft-skills/self-promotion/mentor-how-to-ask.html; cdn1.sph.harvard.edu/wp-content/uploads/sites/36/2016/06/The-Mentor-Mentee-relationship-handout\_October-2015.pdf*

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