

Purpose of Session

Mentors can often help mentees expand their professional networks by a) coaching them on how to network and b) introducing them to individuals who may aid their professional development.

Questions & Discussion Prompts

Do you currently have professional relationships outside of your unit?

How do you typically go about expanding your professional network?

Mentor can share ways that he/she has built his/her own professional network

Which other units/teams/individuals at UNC would it be beneficial for mentee to try to make connections with?

How might the mentee go about doing this? (Mentor give additional suggestions if needed)

Are there any professional associations that may be beneficial for the mentee to join? (Could do internet search together if mentee is not sure)

Are there individuals the mentor may be able to introduce mentee to?

Who is at least one person mentee will commit to trying to grab coffee or lunch with over before next mentor meeting?

Additional Ideas/Notes/Reminders