

## Guide to Speed Mentoring

### What is speed mentoring?

Speed mentoring is a series of short conversations about specific questions. You will meet with a limited number of mentors/mentees in a 20-minute session.

At the start and end of each speed mentoring round, a bell will ring. The mentor will move to the next table.

### Mentees should share with the mentors the following:

- Name
- Rank and Position
- Career and/or Life Aspirations and Goals

### Suggested questions that mentees/ mentors can ask:

- What characteristics do you look for in a leader?
- If you could give one piece of career advice to new leaders what would it be?
- What is one characteristic that you believe every leader should possess?
- What is one mistake you witness leaders making more frequently than others?
- What is the one behavior or trait that you have seen derail more leaders' careers?
- What advice would you give someone going into a leadership position for the first time?
- What has been your most rewarding accomplishment?
- If you could do it all again, what would you do differently?
- What's the best advice you can give to help plan a career rather than simply work to keep a job?
- Do you have a mentor? How have they influenced you?
- How and where do you find inspiration?
- As a leader, what opportunities have you chosen to participate in, and what have you turned down when it comes to being involved in the community?
- What talents or strengths do you rely on most in your daily life as a leader?
- What's the biggest mistake you ever made? What did you learn from it?
- What was the number one key to success in your career? Why?
- If you could go back in time, what is one thing you would do differently in your career? Why?
- What books do you read? Why?
- Where do you get your development from? Why?
- What does your support network look like? Why?

- What kind of organizations, clubs, fraternities, ... are you a part of? Why?
- What is the greatest piece of advice you've received in your career? Why?
- What is most significant thing you've learned in your career? Why?
- If there was one person in history you could go back in time and get guidance from, who would that be? Why?