

Establishing a Mentorship

MENTEE: SOMEONE WHO IS TRAINED,
ADVISED, OR SUPPORTED BY ANOTHER

QUESTIONS TO ASK YOUR MENTOR

Question #1:

What type of communication do you prefer (email, phone, face to face, etc)?

Question #2:

Tell me about your sporting career? What were the highlights?

"In learning you will teach, in teaching you will learn"
– Phil Collins

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Question #3:

What was your retirement like?

Question #4:

What advice can you give me for navigating retirement?

“We all carry the seeds of greatness within us, but we need an image as a point of focus in order that they may sprout.”

– Epictetus

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Question #5:

What did you find most challenging about the transition and how did you handle it?

Question #6:

What roles does sport play in your life now? What advice do you have for incorporating sport into life?

“A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you.”

— Bob Proctor

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Question #7:

What skills or characteristics did you find most beneficial in building a new career?

Question #8:

How did you handle establishing a new career? What advice would you give?

“Our chief want in life is somebody who will make us do what we can.”

— Ralph Waldo Emerson

References:

Five great questions mentees should ask. (2020, January 17). Retrieved from <https://www.icas.com/members/mentoring/five-great-questions-for-mentees>