

Establishing a Mentorship

MENTOR: SOMEONE WHO TRAINS, ADVISES,
OR SUPPORTS ANOTHER

QUESTIONS TO ASK YOUR MENTEE

Question #1:

Why are you looking for a mentor? What are you hoping to gain from the mentorship?

Question #2:

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

"My mentor said, 'Let's go do it,' not 'You go do it.' How powerful when someone says, 'Let's!'"

– Jim Rohn

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Question #3:

How is your retirement going? What has been the most challenging part?

Question #4:

Do you have an idea of what you want to do next in life? If so, what steps have you taken to achieve this?

“One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination.”

– John C. Maxwell

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Question #5:

How can I help you achieve your goal?

Question #6:

If you are unsure of what you want to do next, how can I help you find direction?

“Tell me and I forget, teach me and I may remember, involve me and I learn.”

— Benjamin Franklin

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Question #7:

What do you see as your greatest strengths? (If necessary, help them identify transferable skills from their sport)

Question #8:

What areas do you want to improve at? How can I help you with this?

“A mentor is someone who allows you to see the hope inside yourself.”

– Oprah Winfrey

References:

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