



Does Your Mentor Meet These Criteria?

- Does your mentor check in with you regularly and provide consistent support?
- Does your mentor listen to your concerns without interrupting and show empathy?
- Does your mentor boost your confidence by focusing on your strengths and past successes?
- Does your mentor give you clear, actionable advice that you can apply immediately?
- Does your mentor help you develop flexibility and resilience in changing circumstances?
- Does your mentor provide honest feedback and communicate openly with you?
- Does your mentor inspire you to reach your full potential and push your limits?
- Does your mentor share their own experiences to help you learn and grow?
- Is your mentor accessible when you need guidance and support?
- Does your mentor respect your personal goals and values while guiding you?

If you answered "NO" to 5 or more of these questions, it might not be a good mentor-mentee fit.