

Mentoring

Yourself

Invest in yourself! Whether or not you have a mentor, you can be your own guide when it comes to taking stock, and then taking action to ensure you stay fresh, fully charged, and moving forward.

Boost Your PGQ (Personal Growth Quotient)

Become a Power Learner

Are you a people learner, information learner or action learner? Or a combination of these? Regardless of how you typically learn, keep fast and flexible by using these three learning styles in balance.

Build Your Brand

Everyone's known by the work they do and how they go about doing it. Boost your reputation by seeking feedback from colleagues and managers, and then make some changes. Leverage your talents without falling into worn-out bad habits.

Study the Culture

Become an impartial observer of how things get done in your organization. Note where your style and approach are in sync and out of step with the organization's culture and operating style.

Go Against the Grain

Sometimes the kinds of projects and people that we don't like are the exact boost we need to get jarred out of our comfort zone. Consider the development potential of tasks and projects you might not be attracted to, and take them on.

Keep Connecting

Make a personal goal to expand your connections, inside and outside of your everyday world. Reach across organizational and functional boundaries, and become known as someone who's a reciprocal networker – giving as well as receiving.

Bring Your Best

Know what makes you tick as a worker and as an individual – your motivators, speed bumps and hot buttons. Be savvy about your mood and attitude, and realize that your work style is a powerful influence on others.



Learn While Doing

Any challenging task or project can be a learning experience. Take a moment in the middle of tackling a challenge to ask yourself:

- How do the results so far compare to my expectations?
- What's working?
- Where am I struggling?
- How would someone else view the situation?
- What am I learning about myself?
- What will I change and what will I keep doing to move forward?

“Perpetual optimism is a force multiplier.”
– Colin Powell,
65th US Secretary
of State

The
Learning Café

Mentoring

Yourself

Ask Yourself Questions That Count

What are you doing to actively manage your life and career?
How does your current job role fit with your longer-term aspirations?
What's your reputation at work? At home?
How will you teach and mentor others in your lifetime?

Find Your Personal Board of Directors

Consider these essential support roles. Do you have people in your life who fit them? Could you play one of these roles for someone else?

- ❑ **Truth teller**
Gives you the unvarnished, straight scoop, especially about yourself
- ❑ **Futurist**
A forward-thinker who stays on top of trends that are important to you
- ❑ **Maverick thinker**
Possesses fresh, distinctive points of view, unlike the rest of the crowd
- ❑ **Sounding board**
A reflective, thoughtful listener who helps you sort through the clutter

The Best Career Advice Ever

Understand
your
organization.

Know your
strongest
qualities.

Put yourself at
the center of
things.

Talk to colleagues
who
are happy.

Know your pet
fault.

Keep
networking.

“ All the art of living lies in a fine mingling of letting go and holding on. ”
- Henry Havelock Ellis, British psychologist, 1859-1939

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