

## Keys to a Successful Mentoring Relationship Group Activity

### Conversation Prompts

A challenge faced by any new mentoring relationship is getting the conversation started. As a Mentor or a Fellow, you have the responsibility to engage in conversations that promote growth and build trust.

**Purpose:** Participants of this presentation will practice using conversation prompts which are questions to spark discussion between Mentors and Fellows.

**Process:** Provide to participants in advance so they can prepare responses to discuss during group activity. Each participant will choose three of the conversation prompts in the list below, prepare a response, and share with their breakout group. Sharing will occur one question at a time in round robin fashion. Each person will share one question and their response with the group, going in alphabetical order. After sharing their response to the conversation prompt, the facilitator will open the floor for conversation. Participants should ask clarifying and follow-up questions to practice what it will be like for a Fellow and Mentor to have discussions based upon conversation prompts. After each person shares their response with discussion once, go through the second conversation prompt, response and discussion, sharing up to three times, time permitting. Each breakout room will have someone to facilitate discussion: Amber, Bridget, Tania and Taseen. There will be four breakout rooms max.

Conversation prompts:

- How do you balance work/family/personal life?
- What were the most memorable mistakes you made on the job and what did you learn from the mistakes?
- Tell me about your public speaking experiences and skills.
- What was your first job ever? What did you love and hate about it?
- What would be your dream job?
- Do you feel you are a part of a community, either in or outside of work? Who makes up that community and how do you support one another?
- If you could learn any new professional skill (it doesn't have to be related to your current role or industry), what would it be?
- Where do you ultimately want to end up in your career (role, title, income, etc.)?
- Who do you talk with about the struggles and successes of your job?
- What was the high point of the week?
- What is one new thing you learned since I saw you last?
- Whom did you get to know better this week?
- Did you make a major change in your life?
- How could the week have gone better?
- Identify three decisions or choices you made this week. Discuss with the group.
- What did you learn about yourself this week?
- List three most important strengths that you possess, and three strengths you'd like to have.
- Which of these strengths do you want to work on most?
- Do you have a favorite Ted Talk you can recommend?