

## **Digest Thirteen – December 2025**

### **Theme: Career Goals**

How to utilize your mentor relationship to discuss your career goals and direction

### **Cohort Discussion:**

It is well known that mentorship increases confidence, job satisfaction, career guidance and the opportunity to expand one's network of professional peers. Mentors offer invaluable support by providing unbiased advice and constructive feedback based on their own experiences. This can help mentees develop skills, set and achieve goals, and gain clarity in their career.

### **Cohort Activity:**

As a cohort, we encourage you to talk with your mentor about how you can learn from their experience and expertise to develop and work towards your career goals. Consider asking questions like:

- What does career success look like to you?
- Can you share your career journey and key moments that shaped your direction or helped you define your goals along the way?
- What are some things I need to consider or explore as I work to develop my career goals?
- What skills and competencies do I need to achieve my career goals?
- What obstacles should I anticipate, and how can I overcome them?
- What were some of the biggest challenges you've faced in your career? Is there anything you would have done differently?

We hope these suggestions are helpful in fostering discussions about your career development, opportunities, and goals.