



Mentoring Challenge:
Goal Setting

**Participant
Resources**



Mentorloop

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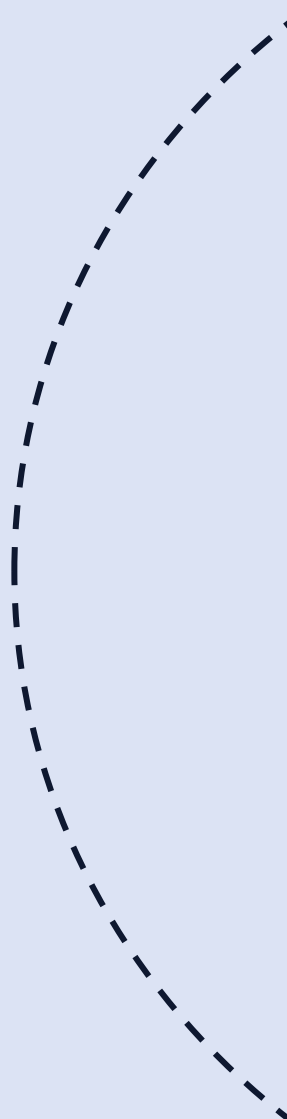
Mentoring Challenge: Goal Setting Update

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What is the challenge?

In a nutshell:

- We want to help you set goals in Mentorloop and share with your mentor/mentee.
Simple!
 - It runs for July.
 - We provide you with everything you could need to achieve your goals - are you ready to take on the challenge?
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Goal Setting Resources

Here's a library of helpful resources:

- [*The Power of Goal-Setting*](#)
- [*The Mentorloop Goal-Setting Framework*](#)
- [*Set incremental challenges to achieve your goals*](#)
- [*How a Mentor can benefit your career*](#)
- [*A Mentor's Guide to Helping Mentees with Goal-Setting*](#)
- [*How to set goals in Mentorloop*](#)
- [*Benefits of Mentoring for the Mentor*](#)

Ted Talks that inspire:

- [*Setting Goals that Matter*](#)
- [*Your Unique Story Can Get You Hired*](#)
- [*The Secret to Success is Setting the Right Goals*](#)
- [*The Mutual Benefits of Mentorship*](#)

How to create a goal

Reminder on how you can create a goal on Mentorloop.

1. Navigate to the Goals section which is found on the dashboard *or the left hand side bar*.
2. Create a goal where you have the option to share this with your mentor/mentee.
3. There will be prompts that will help you to elaborate on your goal. Respond as best you can, and you can work together with your mentoring partner to reach that goal.

Create a goal







What is your goal?

What tasks are required to achieve this goal?
Tasks are optional, but breaking a goal down into achievable tasks helps us achieve our goals.

How will you know when you've achieved your goal?
Such as: when I get the raise, leading a team

What date would you like to have completed your goal?

Would you like to share this goal?
Sharing is optional, however sharing your goals helps to keep us accountable. Please note that the goal title, and due date, will be shared with your program coordinator for reporting purposes.

 Heidi Wyman mentee	 Samantha Stamm mentee	 Lachlan Ratke mentee	 Jordan Herman mentee
 Anna Wisoky mentee	 Hayden Bahringer mentee		

[Read more about creating goals on Mentorloop](#)

Examples of Goals: Mentors

For our mentors, we have provided examples that cover [habit-forming, reach and stretch goals](#). Even a mentor can create goals, feel free to use the below examples and share with your mentee on Mentorloop.

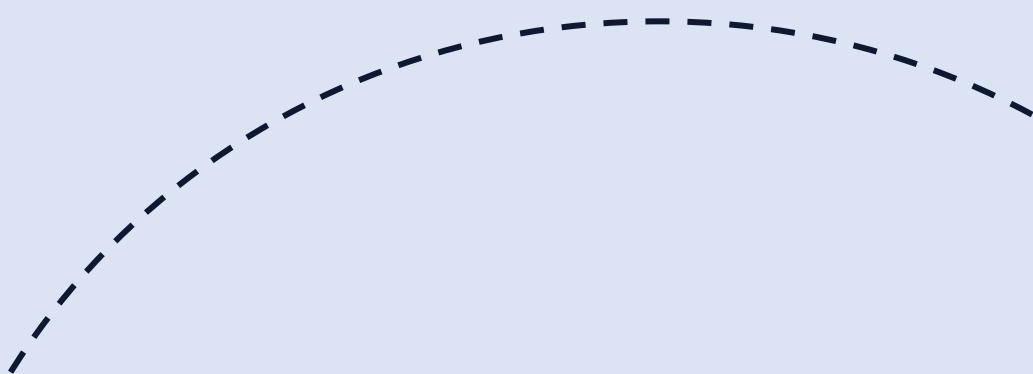
Habit-Forming Goals

- [Read/Research for 30 minutes each week on becoming an effective mentor for others.](#)
- [Develop a Growth Mindset](#)
- Establish a morning routine that includes journaling for 15 minutes each day

Reach Goals

- [Become a trusted, positive role model in the company](#)
- [Build a strong network of individuals](#)
- [Become a mentoring champion for my program](#)
- [Commence Reverse Mentoring Partnership](#)

Stretch Goals

- Develop my professional brand
 - Gain visibility for potential promotions
 - Become an alumni mentor
 - [Improve my ability to share experience, rather than advice](#)
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Examples of Goals: Mentees

For our mentees, we have provided examples that cover [habit-forming](#), [reach and stretch goals](#). You might like to add the following examples as your own goals on Mentorloop and share with your mentor.

If you need more context, we have provided some useful resource links.

Habit-Forming Goals

- [Develop a Growth Mindset](#)
- Checking in with your goals for the week
- Incorporate a learning and development day each week

Reach Goals

- [Arrange a meeting with someone who currently holds the position you aspire to, for instance, to seek advice or obtain great learnings from.](#)
- [Improve on self confidence](#)
- [Build out professional advisory board](#)
- [Commence Reverse Mentoring Partnership](#)

Stretch Goals

- [Become a mentor](#)
 - [Become a mentoring champion for my program](#)
 - Work in 5 different countries
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