



ILOTA MENTOR DEVELOPMENT 2020

MENTORSHIP: BUILDING RELATIONSHIPS, DEEPENING CONNECTIONS, & INCREASING IMPACT WITH SARAH YOUNG, ZING COLLABORATIVE

SESSION OVERVIEW

In addition to our roles within ILOTA, many of us are asked to mentor and coach others regularly. But what does that really mean? And how can we be the most effective mentor and coach possible?

According to research conducted by Gallup, as leaders, one of the most effective things we can do is equip ourselves to become great coaches. This means that in many cases, we need to reexamine, redefine, and restructure our relationships in order to truly harness the power of great mentorship and great coaching.

This two hour virtual workshop will empower you to be more confident, effective, and impactful in your roles as coaches and mentors throughout your personal and professional lives. Specifically, we will explore:

- How to identify and reconnect to our individual Why related to mentorship
- How to design the mentor/mentee relationship to be as effective and impactful as possible
- Ways to deepen relationships and connections – and ultimately impact – through mentoring
- Creative ways to effectively mentor and coach others, especially with busy schedules and competing priorities
- Templates and frameworks to apply to coaching and mentoring conversations
- Creating an action plan to carry forward from the workshop

IN PREPARATION FOR THE SESSION

In preparation for our session, please think about:

- The different mentoring and coaching hats you wear (formally and informally)
- Challenges you face related to your mentoring and coaching roles
- Your goals and objectives for our time together

Please keep an eye out for a brief survey from Sarah, which will help to inform our time together, as well as a few activities and reflections that you'll complete prior to our live session.

Questions about content or the survey? Please contact Sarah. sarah@zingcollaborative.com
Questions about the date, time, venue, or related details? Please contact the ILOTA office. office@ILOTA.org.