



ART OF COACHING PODCAST™ EPISODE 337:
TIPS FOR HOW TO BE A BETTER MENTOR

Describe a mentor you've had in the past. How did this mentor influence your personal or professional growth? If you've never had a mentor, what traits have you adopted in your role as a mentor, and how did you develop these qualities?

Describe a time when you were coddled, little was expected of you, or you were lost in the shuffle as a mentee. Maybe you have done this as the mentor. What was the end result? What was learned from the experience?

How can you accurately assess the current abilities and needs of your mentee? Once you have this understanding, what steps can you take to progressively challenge them to promote growth?



List 3-5 ways you can ensure reciprocity in your mentorship relationship, and encourage those you are leading to take an active role in their own development and the overall process.

How can you guide your mentees towards self-reliance? What specific strategies or approaches can you use to foster their independence and confidence when it's time to make hard decisions?

Who are you best suited to mentor, and who might not be the right fit for you? Reflect on the qualities and characteristics that align well with your mentorship style and those that may not.



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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