

١.	women who are interested improving and going further laster with
	their family, friends and work.
2.	We want to appear to have it all
3.	I believe it is why we still have the stigma of reaching out to a Mentor, Therapist or
	a Coach.
4.	Mentoring is not about sharing the, it's just about sharing
5.	It's important to be in setting up a mentor.
3.	Mentorship is never a and exercise.
7.	What is their base? base? and availability?
3.	You never end up somewhere by accident.
9.	LinkedIn has become the ideal for introductions.
10.	. Come prepared with on paper, not your phone.
11	a mentor and for a mentor!

- 1. Goal oriented
- 2. Together.
- 3. Not
- 4. right way, a way.
- 5 intentional
- 6. one. done
- 7. Knowledge, experience, time
- 8. Intentionally
- 9 Warm
- 10. Written questions
- 11. Be, Ask