

MENTORSHIP WORKSHEET

1. What is your profession?

2. What are three areas that you want to become proficient in?
 - a.
 - b.
 - c.
3. I have reviewed and updated my LinkedIn profile.
4. Do you personally know anyone who is proficient in the areas listed above?
 - a. Yes, go to #8.
 - b. No, go to #5.
5. Do you know of anyone who is in your professional network (e.g. LinkedIn) who is proficient in any of the areas listed above?
 - a. Yes, go to #8.
 - b. No, go to #6.
6. If you do not know of anyone personally or within your professional network who is proficient in the areas that you listed above, please follow the steps below:
 - a. Reach out to those in your personal and professional network to see if they know of any professionals that are proficient in any of the areas listed above.
 - b. Join and start networking in the NSCA Professional Development Groups ([PDGs](#)) and Special Interest Groups ([SIGs](#)).
 - c. If possible, attend [local and national clinics and conferences](#) and set a goal to trade contact information with multiple (e.g. five) professionals.
7. I will contact these professionals who are proficient in one of the areas on my list (e.g. get to know them and their philosophy).
 - a. Below are the professionals who I will be reaching out to within the next week.
 - i.
 - ii.
 - iii.
 - b. If their philosophy aligns with yours, move to #8.
 - c. If their philosophy does not align with yours, revisit #4 until another professional is found.
8. Begin to discuss the topic that you want to become proficient in and express your intent to learn more. Ask if the professional has the capacity to mentor you.
 - a. If the answer is yes, discuss your goals (short- and long-term) with them and set the cadence of your meetings with them.
 - b. If the answer is no, repeat the process until you find a professional who shares your philosophy and is available to mentor you.