

# FIVE MENTOR TOOLBOX

EASY CONVERSATION STARTERS TO HELP YOU GET TO KNOW YOUR MENTEE

**Create an engaging and comfortable environment for mentees while getting to know them!**

- ❑ **2 Truths & a Lie:** Mentor and mentee each share three statements, two of which are true and one that is a lie. The other person must guess which of the statements is false!
- ❑ **Show & Tell:** Ask your mentee to find and show an object in the space around them. Make it more personal by asking for an item related to mentees hobbies and life!
- ❑ **Find Common Ground:** Set a timer for five minutes, and see how many things in common you and your mentee can find.
- ❑ **Pastime Preferences:** You and your mentee share about a book, show, or movie you have enjoyed recently!
- ❑ **Hidden Talents:** Discuss with your mentee any hidden talents either of you have! This is a fun way to get personal with each other.
- ❑ **Photo Op!** Share a photo of something you love with your mentee, and have them do the same! Ex: pets, family, favorite place, etc.

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## ACTIVITIES TO DO WITH YOUR MENTEE TO BUILD A STRONG RELATIONSHIP

**Try some of these activities with your mentee! Spending quality time together with help form a strong bond.**

- ❑ **Cook a Meal:** Pick a recipe you and your mentee like, and cook the meal together on Zoom!
- ❑ **Book Buddies:** Choose a book for you and your mentee to read and discuss together.
- ❑ **Watch Together:** Find a documentary or TED Talk about a topic you both find interesting, and watch it together.
- ❑ **Share Inspiration:** Share a weekly quote with your mentee that inspires you! Spark conversations about what inspires you and your mentee.
- ❑ **Monthly Goals:** Create monthly goals to complete with your mentees (Ex. explore each other's hometowns, try meditating, etc.)
- ❑ **Self Care:** Discuss with your mentee your favorite self care practices. Hop on Zoom and do your self care together!
- ❑ **Online Games!:** Play an online game with your mentee for a low pressure activity! (Ex. Chess, Checkers, etc.)

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## TOOLS TO INTEGRATE MENTORING IN YOUR RELATIONSHIP

**After you have established a strong relationship, begin providing mentorship tactics to your relationship!**

- ❑ **Introduce a Friend:** Invite a colleague or friend to a Zoom call with your mentee to share about their education and career.
- ❑ **Vision Boards:** Create a digital vision board with your mentee to establish their goals!
- ❑ **FIVE App:** Check out the content in the FIVE app and ask your mentee their thoughts.
- ❑ **Brainstorm for the Future:** Research and discuss with your mentee a potential list of colleges or careers they might be interested in.
- ❑ **5 Year Plan:** Help your mentee build out a five year career trajectory plan for their future!
- ❑ **2 on 2:** Invite another FIVE mentoring pair to zoom with you and your mentee to build mentees network and learn about another mentor's profession!