

Suggested questions for mentee to ask mentor during a meeting:

- What leadership lesson do you wish you had learned when you were at the stage I am currently at?
- How do you overcome feelings of doubt or imposter syndrome?
- How do you break your goals down into measurable action items?
- What kind of goals did you set for yourself at the beginning of your career?
- [31 Questions to Ask Your Mentor](#) – scroll down to the bottom of the article to see the list of questions

Suggested questions for mentor to ask mentee during a meeting:

- Why do you need a mentor?
- What barriers are in your way as you try to achieve your goal?
- What is working well as you try to achieve your goal?
- What are action items you will do before our next meeting?
- How can I help?
- Are you getting what you need from this relationship?
- Consider a reverse mentoring moment; what is a skill your mentee possesses that you would like to learn more about. Can your mentee teach you a new Excel function, new app for communication or project management, ideas for enhancing your department/area diversity and inclusion practices from a millennial or Gen Z perspective?