



Conversation Prompts

Starting a mentorship relationship is exciting, but it can also feel a little intimidating. Many mentors and mentees wonder: *What should we talk about in our first meeting? How do we keep conversations meaningful over time?*

Conversations Starters for the First Meeting

For the first meeting, focus on getting to know your mentor/mentee and building rapport.

- What motivated you to join this mentorship program?
- What are your goals for the program?
- Have you been a mentor/mentee before? (Whether this program, or another?)
- What do you hope to gain from this relationship?
- Tell me about your background.

Questions to Deepen the Relationship

Once trust is built, conversations can go deeper:

- What challenges are you currently facing in your role or studies?
- Which skills do you want to develop most right now?
- Can you share an example of a time you overcame a setback?
- What does success look like to you?

Prompts to Keep the Momentum Going

These prompts can help spark fresh discussions:

- What is the best piece of advice you've received recently?
- If you could shadow someone in your field, who would it be and why?
- What professional development resources have helped you the most?
- What upcoming opportunities are you excited about?