

My MESHH Network

Mentoring * Expertise * Support * Helping Hands

Who can you call upon to be your advocate and guide?

Who do you want to learn from?

My Network * My Commitment * My Priorities * Short-Term * My Needs * Long-Term

Professional Development

Champion

Work/Life Integration

Knowledge & Skills

My Individual Needs

Role Models

Career Guidance

Name:

Date:

Adapted from the National Organization of Research Development Professionals Mentoring Committee