

How Mentoring Can Work for You – Having Mentors to Help You Achieve Your Dreams

By Paula Constantino

The future belongs to those who believe in the beauty of their dreams –
Eleanor Roosevelt

Having mentors in your life can help you achieve your dreams.

What is a mentor?

- A mentor may be a caring and trusting friend or colleague who listens to you and your concerns.
- A mentor can be someone who helps and guides you.
- *A mentor is someone who believes in you and helps you to attain your goals and dreams – to achieve more success with less stress*



*A mentor can be someone who believes more in you than you do yourself...
inspiring you to achieve even more than you believed possible.*

Who can be a mentor?

- A mentor can be anyone from a parent to a neighbor, friend, business associate, coach, consultant or anyone whose opinion you respect.
- A mentor may be anyone willing to share her knowledge to help you with some aspect of your life or business.
- A mentor is usually someone who has experience and is successful in a field you are interested in learning more about.

Essentially, a mentor can be anyone that you look at and think... "Gee, I'd like to be more like her!"

In what ways can mentors help and support you?

They can help you:

- Solve specific problems that you may have
- Identify and tap into your passion
- Niche your target market
- Increase your bottom line
- Discover how to use technology more effectively
- Meet successful and interesting people
- Learn how to handle money and a budget
- Help you work through personal and business relationships
- See the world in new and exciting ways
- Get positive reinforcement for your dreams
- Get support and get you more involved
- *Generally, achieve more success with less stress*

No matter what your age or level of expertise, a mentor can be just what you need to help you identify and attain your goals.

What should you look for in a mentor?

Look for women who have...

- Strengths in areas that you would like to build
- Expertise in areas that complement or enhance yours
- Knowledge in areas that challenge you, i.e. finances, technology, etc.
- Done what you want to do
- Gone where you want to go
- Achieved success in life, business or both
- Built lasting, meaningful relationships

Being exposed to positive, successful women is a great way for you to learn how to become one.

Mentors ...

- Are experienced in identifying and achieving their goals
- Are willing to share their successes (and failures) with you so that you can achieve your own goals
- Have been "there" and done "that,"
- Want to share their own life and business experiences with you *for your success.*

Why should we all have mentors?

- *We are all works in progress – no matter what our age or expertise is.*
- We are continuously learning and evolving.
- We are often looking for faster, more efficient way of doing things – like keeping up with our contacts, balancing our books, etc.
- Not matter what our level of expertise is – we can all use some help or support in some areas of our life or business... or both

Experiential learning from successful women mentors is your key to achieving more success with less stress.

7 tips for finding mentors that can work for you...

- **Know yourself:** Consciously think about where you are in life and in your business. Where would you like to be or go or do? Perhaps a mentor can help to "know yourself" better
- **Be proactive:** Develop a deliberate course of action to find a mentor or mentors who can help and guide you
- **Ask for referrals:** As with any search process, tap into your friends, business associates and networks to expand your reach. When requesting referrals, be clear about what you're looking for and why.

- **Keep an open mind as to who a mentor might be:** A mentor can be anyone who can help you grow in the area or areas most important to you. Look for those who exemplify traits and skills that you want to acquire.
- **Identify where you may find a suitable mentor:** Good sources of mentors include your networks, business associates, community, retirees, online communities, etc.
- **Know what you want to achieve from the mentoring relationship:** A clear understanding of your purpose and desired results will help you find a suitable mentors – clarify expectations on both sides.
- **Think about people who have been your mentors in the past:** Whether planned or not, each of us has had mentors in our lives. Think about the people who have helped or guided you and what qualities you appreciated most about them. Use these traits as your barometer.
- **Remember “genius” is not about IQ....** Genius is about pursuing your passion with purpose, knowing who you are and that you are here on purpose.

Good mentoring relationships allow everyone involved to acquire more knowledge and skills while developing more self awareness.

Paula Constantino, Founder of **Women’s Support TEAM**, has the vision of women helping other women achieve more success with less stress through her online resource TEAM of more than 50 Mentors. Contact Paula at paula@w-s-team.com or check out www.WomenSupportTeam.com. *If you join as Participant (member) **Now**, you receive a 90-day membership free (then the monthly is only \$25 – less than \$1 a day) – plus a success report **How to Succeed From the Inside Out**.*