Session II: Lift her up
Mentorship and Sponsorship Worksheet

1. A personal narrative of where you are, your job description:
   a. Does this align with your division chief and department chair’s vision?
   b. Do you have a vision for the future- where are you going in 5 years, in 10 years?

2. Who are your advisors: mentors and sponsors?
   a. What additional resources do you need?
   b. Is my current mentorship adequate?
   c. Is my current sponsorship adequate?

3. What do I bring to the relationship?
   a. Am I a good mentee?
   b. Am I a good “sponsee”?
   c. Can I develop skills to be a good “sponsee”?

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