

# A Seat at the Table

## REMOVING BARRIERS & BIAS for

# Women in Oncology

## 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"?