



**MOMENTUM Women’s Leadership  
Spring 2017 Mentor Request**

**Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**Title and Company:** \_\_\_\_\_  
**or**  
**College Year/School/Major:** \_\_\_\_\_

If you are interested in being considered as a mentee with a one to one mentor from MOMENTUM Alumnae ([www.momentumleaders.org](http://www.momentumleaders.org)), please review the following list of skills and think about the top three that are most significant pertaining to your career/career goals and/or personal needs. Then write a short, specific statement about what you would like to address with a mentor. **All responses are kept confidential.** *MOMENTUM cannot guarantee that you will be matched with a mentor. Matches will be made based on described needs.*

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| <ul style="list-style-type: none"> <li>Networking</li> <li>Building &amp; Maintaining Relationships</li> <li>Coaching/Developing People</li> <li>Communication Skills</li> <li>Direction Setting</li> <li>Facilitating</li> <li>Goal Setting</li> <li>Managing Conflict</li> <li>Problem Solving</li> <li>Providing &amp; Receiving Feedback</li> <li>Navigating Political Waters-Corporate</li> <li>Navigating Political Waters-Government</li> <li>Reflecting</li> <li>Non-Profit Board Service</li> <li>Corporate Board Service</li> <li>Obtaining &amp; Serving Government Appointments</li> <li>Team Building</li> <li>Entrepreneurship</li> <li>Navigate Community</li> </ul> | <ul style="list-style-type: none"> <li>Strategic Planning/Big Picture</li> <li>Good Listener</li> <li>Dealing with difficult people</li> <li>Marketing</li> <li>Organizational Skills</li> <li>Corporate Politics</li> <li>Government Politics</li> <li>Unwritten Rules</li> <li>Non-Profit</li> <li>Delegation</li> <li>Overcome Obstacles</li> <li>Manage People</li> <li>Relationships</li> <li>Resume Writing</li> <li>Details</li> <li>Personal Issues</li> <li>Work Family Integration</li> <li>Women into Transition</li> <li>Career Path in _____</li> </ul> |
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**What is your specific issue to address with a one to one mentor?**

Please complete, save and email this form to Tina Upshaw by Dec 10, 2016 at [tupshaw@momentumleaders.org](mailto:tupshaw@momentumleaders.org)  
 We will notify you by January 10, 2017 if we are able to provide a mentor this cycle.  
 The mentoring cycle begins January 2017 and ends June 2017.