lumentor

MENTOR TIPS & TRICKS

COMMON TOPICS & EXAMPLE PROMPTS

🎯 CAREER DIRECTION & GOAL SETTING

Help them reflect or explore what's next

- **What roles or industries are you drawn to, and why?**
- **What's something you're curious about but haven't explored?**
- **What would you love to try if there were no risk?**

🚪 BREAKING IN & STANDING OUT

Offer insights into entry points and pitching themselves

- **What have you already tried so far?**
- **What's one thing you bring to the table that others might not?**
- **How do you want people to remember you and your application?**

💪 CONFIDENCE

Share your own early experiences and normalize self-doubt

- **What's something you've done recently that made you feel proud?**
- **When's a time you surprised yourself?**

🔗 NETWORKING & ACCOUNTABILITY

Reinforce ownership and consistency

- **Have you followed up with anyone this month?**
- **What's one connection you could make this week?**

🧠 FEEDBACK & DECISION-MAKING

Help them think clearly through options or roadblocks

- **Would you like or be open to feedback on that?**
- **What's one idea you keep coming back to?**

💼 GROWTH & NEGOTIATION

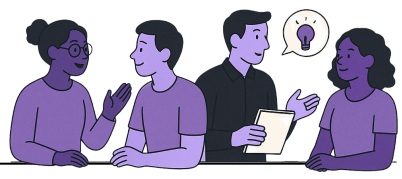
Talk about building trust and advocating for their value

- **What have you done recently that added value?**
- **Do you feel ready for a growth or salary conversation?**

🎤 WRAPPING UP

Close with a question that brings clarity or focus. What feels clearer after your chat, what they'd like to try before reconnecting, or whether staying in touch would be helpful. These prompts help end the session with a sense of direction.

BEFORE THE CALL



LOG IN 5 MINS EARLY

0:00–5:00–EASE IN

Begin with a brief check-in, asking how they're doing, and then introduce yourselves. Keep it natural and relaxed.

5:00–15:00 - EXPLORE TOGETHER

Let the conversation flow., They come with questions. Follow their lead and be present.

15:00–20:00 WRAP UP

Close with a takeaway, reflection, or small next step. Lastly, a thought-ending helps the session land meaningfully.

🎬 SETTING THE STAGE

- Join a few minutes early to test your tech and settle in
- Review your mentee's lumentor profile before the call
- If possible, keep your camera on; it fosters connection
- Show up with openness, not expectations

🗣️ YOUR ROLE AS A MENTOR

- Hold space for open, honest reflection
- Ask thoughtful questions
- Let them take the lead
- Share your own story and insights

🚫 IT'S NOT YOUR ROLE TO

- Provide all the answers
- Guarantee industry connections
- Be available 24/7
- Get them a job

