

GUIDED MENTORSHIP PROGRAM

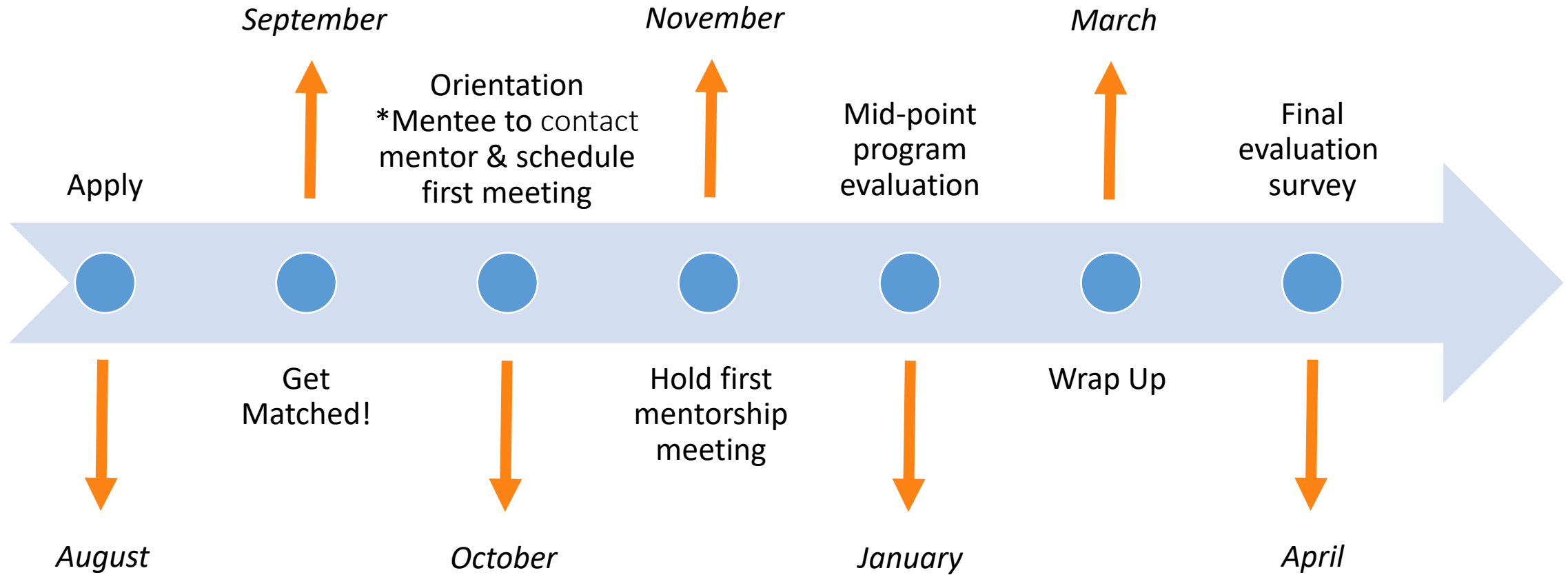


Program Outline

October – March

ashp

Program Overview



October



Welcome to Guided Mentorship!

Monthly Activities

- Review **Guided Mentorship Orientation Webinar**
- Mentees to send **welcome email** to mentor by **November 1st**
- Mentee to schedule **first meeting** for early November

*Documents available in [GMP Resource Library](#)

November



Building a Strong Mentoring Relationship

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Prepping for Upcoming Opportunities

Monthly Activities

- Share your CV, review your pharmacy journey, and explore career interests (see: [ASHP Career Resource Center](#))
- Talk to your mentor/mentee about upcoming plans and lay a strong foundation for the next professional step
- Discuss goals and set expectations for program
- Create a meeting schedule

December



The Value and Importance of Taking Care of Yourself

Monthly Activities

- Talk with your mentor/mentee this month about activities you can engage in to better your well-being and resilience
- Explore the [ASHP Well-Being and Resilience Resource Center](#) to find additional resources to support your mental health
- Discuss [Imposter Syndrome](#) and strategies for facing fears of inadequacy and self-doubt

January



Tell me about yourself

Monthly Activities

- Practice your elevator pitch
- Solidify your [personal/professional brand](#)
- Develop communication skills
- Discuss [leadership journals or readings](#)

February



Learning is FUNdamental

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Mentorship for a Season, a Reason, or a
Lifetime

Monthly Activities

- Seek out opportunities to [learn something new or deepen your existing knowledge](#) on a particular topic
- Check out the [Guided Mentorship Program Resource Library](#) for a list of additional discussion topics

March



Springing Forward - How to Maximize the Year Ahead

Monthly Activities

- Reflect on your personal and professional growth over the past six months
- Talk about new [SMART goals](#) you may want to pursue and get advice on how to balance them with upcoming responsibilities
- Maximize leadership strengths (utilize [Leadership Voices](#), or other assessments to discuss professional development)

Guided Mentorship Program

Suggested Topics



- ✓ Watch Orientation Webinar
- ✓ Mentee Sends Welcome Email
- ✓ Mentee Schedules First Meeting

- ✓ Topic: Well-Being & Resilience Strategies
- ✓ Topic: Imposter Syndrome

- ✓ Topic: Learn Something New or Deepen Existing Knowledge
- ✓ Topic: Work-Life Integration

October

November

December

January

February

March

- ✓ Share Pharmacy Journey
- ✓ Share CV
- ✓ Discuss Program Goals
- ✓ Set Program Expectations

- ✓ Topic: Elevator Pitch
- ✓ Topic: Personal & Professional Brand
- ✓ Topic: Communication Skills
- ✓ Topic: Leadership Readings

- ✓ Topic: Leadership Strengths
- ✓ Topic: Reflection

Access the [ASHP Guided Mentorship Resource Library](#) for additional topics

Online Resources

- Access the [Guided Mentorship Program Resource Library](#) and the [Mentorship Resource Center](#) through your ASHP Membership Login
 - Mentee and Mentor Specific Resources
 - Resources to assist with planning of your first meeting
 - Topic Discussions and other resources for use throughout the year!

GMP Support:

- Rachael McGarry
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Additional ASHP Contacts:

- **Jessie Hipple Rosario**
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