



## *The AGWN Quick Guide to...* **Mentors and mentoring**

Mentors and mentoring come in many forms. Here's three options to get you thinking about what role a mentor or mentoring might play in your career...

# 1

The traditional mentoring model means finding a mentor and then building rapport and a relationship. Here's [five questions](#) to ask yourself before choosing a mentor.

But a mentor isn't always easy to find and no mentor can solve all your problems. Here's some [different approaches](#) to getting the advice and guidance you might need.

# 2

# 3

Maybe you don't need someone else to help you find the answers. Maybe you can be your own mentor. Check out this great guide to [problem solving](#).