The Human Optimization Project
Pod-Club

E49 How to Find a Good Mentor, and How to Be a Good Mentor

Discussion Questions for this Episode:

1) Dr. Rihal defines mentorship as a relationship that helps one achieve their optimal professional self. How does this definition differ from your initial understanding of mentorship?
2) How does the concept of mentorship differ from sponsorship, according to Dr. Rihal's explanation? How have you experienced mentorship and / or sponsorship in your career?
3) What are the primary benefits of having a mentor, as described by Dr. Rihal, beyond just technical or professional guidance?
4) Dr. Rihal suggests that mentors can help mentees see potential they might not recognize themselves. Can you recall a time when someone else saw potential in you that you hadn't recognized?
5) What are the key qualities Dr. Rihal identifies as essential for a good mentor, and which of these do you find most crucial?
6) Dr. Rihal emphasizes that mentees should avoid trying to become a carbon copy of their mentor. What steps can a mentee take to ensure they develop their own unique professional identity?
7) What are the most common mistakes mentors make, and how can mentees avoid falling into the trap of mistaking their mentor for an "oracle" with all the answers?
8) Dr. Rihal suggests that individuals can eventually become their own mentor by understanding their goals and drivers. What is one step you can take this week to better understand your own internal drivers?