

MENTORING MINUTE (aka Mentoring 101)

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Mentoring-Externally Directed Team

Every NFL team has a “Game Plan”; likewise, every mentor should also develop a game plan, for his or her mentee. An NFL team goes through countless one-on-one and group sessions with players and specialized coaches every week so they can examine the oppositions they will encounter for an entire 60-minute game on Sundays. This game plan requires a detailed series of plays to accomplish the ultimate goal of winning!

A mentor should also specialize in a similar game plan mentality, in every one-on-one or group session with a mentee or mentees. A mentor calls the signals once a mentee signs up for his or her coaching/training relationship sessions. The following collaborated goals are very detailed, and therefore have to be well defined and planned.

A game plan to succeed for an NFL season has the same X’s and O’s for a mentoring relationship to succeed:

<u>GAME PLAN</u>	vs	<u>MENTORING PLAN</u>
Know your opponent’s goals		Know your mentee’s goals
Assess CLOCK MANAGEMENT		Assess TIME MANAGEMENT
Develop player connections		Develop criteria connections
Don’t allow distractions: fans, weather		Don’t allow distractions: meetings, work
Execute your designed plays		Execute your designed plans
Review game footage after a game		Review work/life situations learned
Be responsible to your team members		Be responsible to your mentor/mentee

A complete game plan vs. a complete mentoring plan for players and coaches, or mentors and mentees, all result in a WIN-WIN situation!!

Take a minute to consider the professional benefits of mentoring. To learn more about NAVAIR'S Mentoring Program, visit <https://mentoring.navair.navy.mil> or contact Donna Belcher (NAVAIR'S Mentoring Program Manager) at 301.342.506. If you have a personal mentoring success story to share, contact Veronica Miskowski at 301.757.8391 or Lonnie Snead at 301.757.8252. We’d love to hear from you.