

# Meet Guide #2:



## Introducing Yourself & Setting Goals

This session, our suggested activities are based around speaking with confidence- in preparation for upcoming networking opportunities - and goal setting.

If you have any questions, please message the team in Microsoft Teams.



### Speaking with Confidence

- With your mentee, talk through some important topics to mention when introducing yourself to someone
- Practice being clear and concise, try and cover these points to start:
  - What you study at school/college/university
  - Hobbies & interests
  - Any potential career plans



### The 'ERM' Game

- Your mentee has 1 minute to introduce themselves to a potential employer, but can they do it without 'erm-ing'?
- Mentee - take some time to roughly plan what you're going to say
- Mentor - start your timer and stop it every time your mentee says 'erm'!
- Fancy the challenge? Swap roles and see how you get on!



### Share your Wisdom!

- Do you have any tips for introducing yourself to potential employers?
- This could be around content, presentation, body language, preparation etc.

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### Goal Setting

- If they haven't done so already, over the next meet-ups, your mentee will need to set a couple of goals that they would like to achieve through the mentoring programme.
- These goals could be around building confidence, exploring key areas of interest, researching different career paths etc. and should be chosen by the mentee.

Help your mentee to set 2-3 achievable goals

You should both write these goals down and discuss ways to achieve them

Check in on progress through future mentoring sessions

Review progress at the end of the programme

If you have any questions about goal setting, please contact the team on Microsoft Teams.



### Before you Finish...

- Set your next meet up date and time
- Claim your points for this meetup and a fun selfie screenshot through the link in Teams
- If you're posting on social media, tag us and use #studenttostemettes

