

Professional challenge

Think about a challenge you're facing at the moment. What is keeping you up at night, or is something that would enrich your professional life if it were to change?

In the session we'll ask you to share this challenge with the group. Along with your mentor, we will work as your personal advisory board. Throughout the discussion you'll be listing ways forward, steps to undertake and create a plan for the immediate future (where possible).

If you are struggling to think of a challenge, we have a fantastic resource that can help you.

[Click here.](#)

What you need?

What do you need to help overcome those professional challenges?

For example, clarity, a plan, connections to employers, more confidence, mentoring or guidance.

The way forward

List your next action steps from here, plus advice and guidance from your mentor and other group members

Contacts

Record the names of your mentor and other members of your group that you would like to connect with
