PROMO KITCHEN
MENTORSHIP

CONTACT INFORMATION

NAME:

COMPANY:

PHONE:

EMAIL:

ROLE/POSITION:

YEARS IN THE INDUSTRY:

Confidentiality: We will honor personal and professional confidences, and we will at all times seek to maintain a relationship built on mutual trust, respect, and confidentiality.

ABOUT YOU

01 What is your "why?" *What did you choose now* to get involved in the PK Mentorship program?

02 Why do you need help? Or as we say at Promokitchen, what are your missing ingredients?

03 I'm seeking assistance with: (check all that apply)

Sales/Business Development
Management
Leadership Development
Strategy
Branding/Marketing
Creativity
Time Management & Organization
Career Direction
Other (tell us more):

04 Are there any specific goals you have that a PK mentor can support? *PromoKitchen encourages the setting of S.M.A.R.T Goals for mentees working with a mentor.*

05 *Free time...what's that?!* We believe in a healthy work life balance at PK. How do you like to spend your free time?

GET CLARITY WORKSHEET

An effective plan has clarity of the desired RESULTS, of the current REALITY, and the ROADBLOACKS that may be in the way. Use this planning worksheet to work through these areas to gain clarity.

REALITY
From this...

ROADBLOCKS
Overcome this...

RESULTS
To this...

STAY FOCUSED

Use this worksheet to map out your Vision, Goals, Projects and Actions. Review it on a set day each week (Ex. Sunday evenings) and add a new set of weekly actions that move your 90-Day Projects forward.

VISION | 3 YEARS

GOALS | 12 MONTHS

PROJECTS | 90 DAYS

ACTIONS | 7 DAYS

STAY FOCUSED

Use this worksheet to map out your Vision, Goals, Projects and Actions. Review it on a set day each week (Ex. Sunday evenings) and add a new set of weekly actions that move your 90-Day Projects forward.

SMART GOAL:	"TO..."	NOTES:
SPECIFIC	*Is it specific? (Who? What? Where? When? Why?)*	
MEASURABLE	*Is it measurable? How will I measure progress? (How many? How much?)*	
ACHIEVABLE	*Is it attainable? (Can this really happen? Attainable with enough effort? What steps are involved?)*	
RELEVANT	*Is it realistic? (What knowledge's, skills, and abilities are necessary to reach this goal?)*	
TIME-BOUND	*Is it timebound? (Can I set fixed deadlines? What are the deadlines?)*	
GOAL STATEMENT:		