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ONLINE COURSE

Get the job you love

MODULE 6.
**Mentoring, networking
and volunteering**



Mentoring

Identify what support you already receive

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Identify any gaps in your practice/areas you would like to develop

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Write down everyone who might be able to help you with those areas

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Identify the number one person who you would like to ask to be your mentor and write down your script for that email or conversation

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Example email to a potential mentor below:

TEMPLATE EXAMPLE

Hi

I hope this email finds you well. I can appreciate how busy you are running
..... so I'll get right to the point – I am seeking a mentor for my provisional APD
year and I was hoping you might consider partnering with me.

A bit about me:

- **X University** – Bachelor of Nutrition & Dietetics (First Class Honours)
- Dietitian Connection Student Rep (for Facebook page)
- Before studying dietetics, I worked for a number of years in **X career**
- Throughout uni, I worked as a receptionist
- I am currently employed full time in a **Y role at X**
- Professional interests include where the dietetic profession is heading from a technology perspective, nutrition information in the media, gut health, nutritional genomics, supplementation, product development
- I'm an introvert and I love learning and reading.

Why I think we'd work well together:

- I was inspired by your interview on the Dietitian Connection podcast, particularly when you articulated that early on in your career you felt you needed to have a different personality (i.e. extroverted) to lead and succeed (thank you for sharing this, it really helped me to hear this)
- My career aspirations are non-traditional – I currently work completely online, I am interested in product development (particularly nutritional supplements), I want to improve my ability to understand research (and statistics) and be able to interpret these appropriately for the general public, and a PhD is something that I think I would like to do in future.
- I am more than happy to visit you at your office for monthly 30min catch-ups at a time convenient to you, should you be able to commit to a mentoring relationship with me.

I completely understand if it's not feasible for you to commit to this. I look forward to hearing from you.

Your name

Networking

“ It’s all about **who you know**,
not what you know ”

What three things are you going to do to increase the size of your network?

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What events/conferences could you attend to meet new people?

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Volunteering

List 3 organisations you would like to volunteer at and identify the contact details for someone in each organisation:

Organisation:

Contact Person/Details:

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

Why do you want to volunteer there?

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What could you offer them?

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What outcome or skill would you like to achieve/learn as a result of volunteering?

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