

MY ADVISORS

Think about the people who have taken an active interest in your career by assisting you with your personal and professional development in the past year. Think broadly, these may be people from your work or outside of work (i.e., family, community). You DO NOT need to fill in every row, just use as many as appropriate.

First, list your advisors in order of importance to you. Then, rate each advisor on a scale from 1-5 based on the assistance they provide, as follows:



Advisor Names	Helps me get work done	Helps advance my career	Provides personal support	Is a role-model for me

This exercise is from the book *Strategic Relationships at Work: Creating Your Circle of Mentors, Sponsors, and Peers for Success in Business and Life* by Wendy Murphy and Kathy Kram, available for purchase here: <http://bab.sn/murphybook>