

# Why you should get a mentor...

Ways Mentors can provide guidance and support in developing a growth mindset

- Encourage a positive attitude towards challenges and mistakes
- Provide feedback and constructive criticism to help mentees improve
- Share personal experiences of overcoming obstacles and developing a growth mindset
- Help mentees set realistic goals and develop strategies to achieve them
- Offer resources and tools to support learning and development, such as books, articles, or online courses.

Don't forget I'm available to help you on your Leadership journey, I love mentoring women who are driven by passion. Visit [www.ReginaNelson.com](http://www.ReginaNelson.com) to book an appointment.