

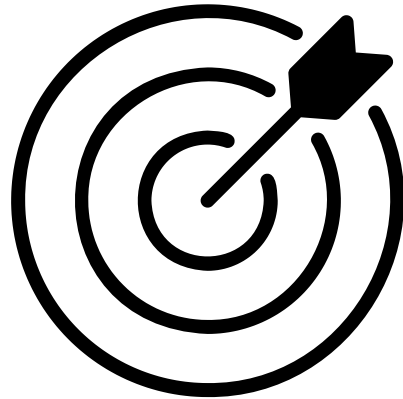
Tuakana Teina



Resources designed to support you in mentoring
relationships.

WHY DO I NEED A MENTOR?

Let's create a simple process that makes setting and achieving goals fun!
This focus is about engaging and approaching a mentor



▶ What is it you want to achieve with mentoring?

▶ What are your top 3 goals?

▶ Looking forward - what does success look like for you?



WHANAUNGATANGA

Here are a few pātai you can ask to whakawhanaungatanga with your tuakana | mentor. You could also start with your pepeha.

Where are you from?

Where did you grow up?

Where did you go to school?

Did you go to university and what did you study?

What was the best job and why?

What was the worst job and why?

Favorite Music?

Favorite TV Show?

Favorite Movie?

Favorite Food?

Just go with the flow of the conversation and see where it takes you!



GOAL ACTION PLAN

GOAL STATEMENT

START DATE:

DUE DATE:

GOAL PROGRESS: 0%

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100%

ACTION STEPS

Add these into your calendar each week and then mark off your progress as you complete them.

1		6	
2		7	
3		8	
4		9	
5		10	

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TUAKANA | TEINA CHECKLIST

	Do I understand why I want or need a tuakana or mentor?
	What do I want to achieve with mentoring?
	Do I have a tuakana in mind?
	Are they internal or external to my organisation?
	Have I defined what my Tuakana will gain?
	Have I set my goals to go over in my first tuakana teina meeting?
	Have I drafted my initial meeting email?



EMAIL REACH OUT TEMPLATES

Initial hui:

Kia ora,

I've been reading about the work you're doing with I'm interested in building my career in technology and I'd love to hear how you progressed from a systems analyst to a technical product manager in five years.

Would it be possible for us to have a quick video chat or coffee catch up sometime within the next couple of weeks?

After hui thank you:

Kia ora,

I really appreciated catching up with you and learning that you are a big foodie. I think I might go to the restaurant you suggested and give it a go.

I was also surprised to hear that you taught yourself how to code through online courses. I would really like to talk to you more about it! If it's okay with you, can I touch base in a few weeks?

Follow up:

Kia ora,

I picked up that book you recommended, and I really enjoyed it. What a great story of grit and determination. Thank you for suggesting it, I took heaps out of it that I can apply to my goals.

I was planning on taking a course in leadership at institute. Are you familiar with it? Maybe we can discuss during our next catch up?

I know you must be busy and if you have time to meet up in the next month. I'd really appreciate it.



