

School was a more controlled environment, where there were few crises other than those I created myself. But on the job you must react to crises that happen in your organization and in clients' organizations as well. Most of the time you don't have anyone else to rely on. Something more than a grade is on the line: your reputation, the company's reputation, budgets, and jobs. —former student in the class, *Be Your Own Mentor*, on why it was important to learn how to mentor himself

If you've ever wondered how your life might be different *if only* you had a mentor, stop. You are your own best mentor. Listening to your own informed and innate wisdom may be more important than heeding the “shoulds” or “shouldn'ts” of an external counselor.

Mentor Me: A Guide to Being Your Own Best Advocate in the Workplace shows you how to discover your inner mentor. Read this book and

- say yes to your dreams and mentor yourself into a job and a career you love
- gain confidence in your own ability to succeed in the workplace
- develop the skills you need to become politically effective in your career
- create a portfolio of work that speaks for itself and for you
- begin to promote your potential as well as your accomplishments
- discover the shortest and surest route to influencing others, including your boss
- make performance and salary reviews less threatening, more rewarding
- successfully navigate the four most common career transitions
- recognize when you need expertise beyond your own experience, and learn where and how to find that help.

Advance Praise for *Mentor Me*

One of my biggest take-aways from my America Online career was learning to be bold, gutsy, and in charge of my life. I call it being bodacious! This book is such a gem because it lays a map of the key career areas for you to help yourself. It helps you be bodacious! —Mary Foley, author of *Bodacious! An AOL Insider Cracks the Code to Outrageous Success for Women*

This book contains a lot of wisdom and professional insights. A good guide for the neophyte.
—Wayne Braunstein, General Manager, *Racal Datacom Government Systems, Inc.*, and *Business and Information Technology Teacher, Sherando High School, Stephens City, VA*

The respect implied by your constant recognition that some of us are introverts and must approach solutions from a different direction really comes through. . . . To a large extent we create our own reality. So why not create one that honors our own gifts and allows room for abundance in our work lives? —Kitty Wooley, *Management and Program Analyst at the U.S. Department of Education*

Knowing what I know now about the workplace, I would have loved to have had this before my first full-time career position. —Scott Sutherland, *Marketing Assistant, Gaither Music Company*



Joanne Lozar Glenn is an independent writer and educator based in Alexandria, VA. Using her experience mentoring young professionals in the workplace, she created a course for Georgetown University called *Be Your Own Mentor*, about which she was invited to speak on WWZZ 104.1 radio's *Community Spotlight*. This book is based on the information in the course as well as on the experiences of her students and others who have learned to mentor themselves into jobs and careers they love.