Suggested Meeting Topics, Conversation Questions, & Resources

- **March 2023**: Group introductions and setting goals & Networking
- **April 2023**: Assessing industry and workplace cultures & Bringing your authentic self to work
- **May 2023**: Creating and managing work-life balance
- **June 2023**: Navigating challenging conversations
- **Mentoring Resources**

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**March 2023**

*Pod introductions and setting group goals*

Introductions and getting to know each other will help create a comfortable space for more in-depth conversations about professional journeys and identities. Talking with a diverse group of Wellesley alums and students is an opportunity for each member of the group to learn, ask questions, and demonstrate an openness to the perspective and experiences of others.

- Share two goals you have for this MAP group. What is something you can bring to the group and something you hope to gain from participating in these conversations?
- How did you choose a major and does it relate to your career interests?
- How long have you lived in your current location and what do you like about it?
- Share a significant Wellesley class, professor, or activity. Why was this experience meaningful for you?
- Do you like to work mostly with things, data, or people, or at the intersection of these?
- What challenges, questions, or puzzles do you hope to address in your career?
• What are you most curious about and how does that relate to your career development/interests?

**Networking**

• How have you engaged with the Wellesley network?

• What are your thoughts or questions related to the process and value of networking?

• How can social media facilitate career exploration and networking in a positive way?

• [Introduction to networking](#)

• [The Wellesley network for recent alums](#)

• [Artful communication for networking](#)

• [Using social media for networking](#)

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**April 2023**

**Assessing industry and workplace cultures**

• Describe the culture at your workplace or places you have previously worked or interned.

• How can one learn about an employer's values and commitment to diversity, equity, inclusion, and belonging?

• Share something that has surprised you about your industry, company, or career.

• How has the pandemic changed your work or your workplace?

• Where do people in your industry/company/profession find creative inspiration or motivation?

• [100 best workplaces for diversity](#)

• [Understanding ‘fit’ when considering a potential employer](#)
• Diversity Wins: How Inclusion Matters

**Bringing your authentic self to work**

• Our professional journey can often be impacted by our connections, culture, and experiences beyond the workplace. Is there an example of an experience related to something that's important about your identity that affected you professionally?

• What do you think people assume or misunderstand about you in your professional or academic community?

• Describe the evolution of your career interests/journey related to your identity development.

• Have you always been able to bring your whole authentic self to work? How have you dealt with situations in which this wasn't the case?

• What advice do you have for sharing different elements of your identity in the workplace?

• How are your core values and identity reflected in your career decisions?

• **How to bring your whole self to work**

• **The benefits of bringing your whole identity to work**

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**May 2023**

**Creating and managing work-life balance**

• How have you thought about work-life integration at different stages of life?

• What challenges or opportunities has the pandemic created in balancing academic or professional commitments with family or personal needs?

• What are the expectations for how much people generally work in this industry? Does that change as your career progresses?
What interests, hobbies, commitments, or other activities have you engaged in or would like to pursue?

What benefits such as mental health coverage, physical fitness allowances, or vacation time, might be associated with an organization's commitment to employees' work-life balance?

Life After Wellesley: Health and Wellness

Work Life Balance is a Cycle Not an Achievement

Work is a False Idol by Cassidy Rosenblum ‘13

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**June 2023**

Navigating challenging conversations

What are the most rewarding and frustrating aspects of your role?

What have you learned about negotiation during your career?

Share a situation when you were outside of your comfort zone and how you responded.

Can difficult conversations be helpful to our professional growth?

Tips for Navigating Tough Conversations at Work

Tough Conversations and How to Approach Them

Negotiation and Identity

Negotiating with Confidence

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**Mentoring Resources**

Why the Power of Mentoring Can Change the World
• Three Key Elements to Thriving Mentorship
• How to be a Good Mentor
• The 10 Best Ted Talks on Mentorship