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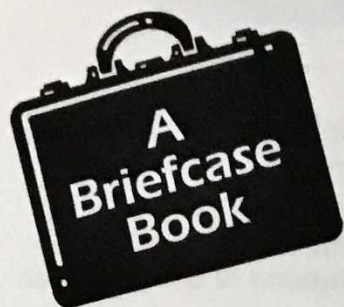
- Discover and develop your personal strengths
- Set a course for success
- Tap into your true potential

BE YOUR OWN MENTOR



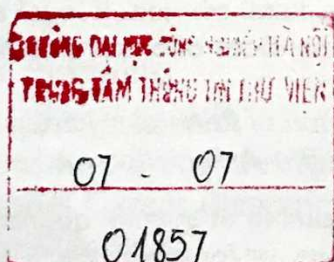
ANNE BRUCE

Author of *Discover True North*



Be Your Own Mentor

Anne Bruce



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Preface

Take a moment to look at the front of this book. Look specifically at the title: *Be Your Own Mentor*. Why did you purchase a book with this title? My guess is that you and I interpret *Be Your Own Mentor* to mean the same thing. In order to mentor yourself to a higher level of potential and competency, you must take what I like to call the *whole-person approach* to life.

Our lives at work are not separate from our personal lives. We are one. Henry Ford would often say, "How come when I ask for a pair of hands, I get a human being as well?" The answer is this: one dimension of a person's life is affected by all others. No longer can organizations or their leaders afford to compartmentalize their lives or the lives of their employees. To draw an invisible line that suggests any person can leave his or her personal life at the door when showing up for work totally disregards and ignores the most critical aspects of humanness and self-mentoring.

So let's just say that this invisible line from yesterday's management rulebook is extremely outdated. Workplace psychology teaches us that it is practically impossible for a person to close off his or her personal life on the job, simply because this contradicts human nature at its core. When we take a whole-person approach to our lives and careers many benefits begin to surface, such as sharper innovation and creativity, clearer competencies regarding how we do what we do, brighter intellectual capital, confidence, compassion, and integrity—and that's just for starters. I hope that this whole-person approach is something that gets you excited! This book

is going to provide you with a special magnifying glass and the life compasses you need to help these behaviors and talents all come into focus—sharp and specific—directional, not flailing and lost.

Throughout this book, I'll guide you further and more specifically into the process of taking the whole-person approach to self-mentoring. But trust me: it all connects to being your own amazing mentor in your quest for greater career and personal success, at whatever level and competency you are comfortable tackling.

Are You Ready for an Extreme Life-Coaching Makeover?

Here's the deal, right up front. There is no such thing as *abracadabra* when it comes to becoming your own mentor or life coach. With the exception of the mythical pixie dust that exists only at Disneyland and Disney World, there is no fairy dust to sprinkle on, or around, people in hopes of making them happier, healthier, more intuitive, career savvy, money savvy, smarter managers, more loyal, better moms or dads, more loving husbands or wives, devoted children, or better in any other way. Achieving those things takes all of *your* hard work and dedication. So to this end I hold you accountable.

You see, this book is also about accountability, not just self-mentoring. Accountability is a critical component of self-mentoring. In my workshops and seminars I often say, "The real learning begins when the class has ended," to drive home the point that I am not the one responsible for the attendees' learning. I can help to facilitate their expertise and ideas and knowledge. It is the learners who are ultimately responsible for following up on the materials and assignments, using my suggestions, and applying all they've gathered in class to be the best they can be on the job and at home. I cannot do this for them. The same applies to this book. It is my hope that having