

# CareerGrowth Group



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## Dear Successful Career Professionals

When one of my successful professional career clients recently told me “If I only knew then, what I now know through career development counseling”, it prompted me to write about the need for successful career professionals to have at least one mentor and possibly, a career coach.

**A mentor should be a person who you know and respect** and who is in the same career field as you. This person should not be your boss or anyone directly or indirectly responsible for contributing to your performance appraisal. Many young professionals today need to find someone working in the same company who can describe the political landscape. This person can tell you who you should get to know and who you need to stay away from. New employees at many companies get assigned a mentor when they start their first job. These people aren't necessary people you would seek out or want to confide in. It is advisable to find one mentor who you chose because you feel that this person is a suitable role model for you. Therefore, you may need a mentor who works in a different company who can be objective about giving you feedback about the career moves you might want to make.

**How often you talk to, or meet with, your mentor** is a matter of personal need -- as well as the availability of your mentor. If your mentor is a high-level executive, he/she may only be available infrequently. You will need to be well organized in consulting with your mentor and set up a few telephone conversations. You can update your mentor on a regular basis via email when you have news about your career. You should meet face to face once a year.

**Your mentor can serve** as an excellent guide during the first few years of your career. Your mentor can give good advice; however, a mentor is not a career coach / counselor. A career coach can help you set up a career plan which suits your personality and will lead to personal satisfaction. A career coach can give you the kind of feedback that will create a sense of self worth and happiness with your career choices.

Please call to ask about our program for one-on-one related counseling, specifically tailored to your individual needs.

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**About Beverly R. Daniel:** Beverly Daniel is a career counselor / coach, who helps career professionals move successfully from one level of their careers to another. This can include assessments and evaluations about career choices, strategic planning for career moves, navigating in corporate structures, or moving from corporate to self-employment, or entrepreneurship. She works with lawyers, banking executives, marketing professionals, among others in all functions and industries. Beverly has been in the executive search and career-counseling field for 29 years. She holds a BS and MS in Psychological Counseling from Boston University. She holds an MBA in Management from New York University. Beverly studied for a Ph.D. in Clinical Psychology at Case Western Reserve University.