

# Contents

Foreword	vii
Introduction	ix
<b><i>Part One: The Fable</i></b>	
The Week Before: Questions Before We Start	3
The First Meeting: Powering Up	11
The Second Meeting: Taking Care of Business	35
The Third Meeting: Let's Get Real	55
The Fourth Meeting: Sorting It Out	77
The Fifth Meeting: Straight Talk	107
The Sixth Meeting: Holding Up a Mirror	127
Epilogue: Five Years Later	151
Cynthia's and Rafa's Advice for Mentors and Mentees	159
<b><i>Part Two: The Mentoring Conversation Playbook</i></b>	
Moving the Conversation from Monologue to Dialogue	165
Strategies for Good Conversation	171
Six Essential Mentoring Conversations	179

Afterword: Starting Strong, Moving Forward	193
Suggested Reading	195
Acknowledgments	197
About the Authors	199
Index	201