



REASONS YOU NEED AN ANFP MENTOR

Compiled by ANFP Staff

1. **Accelerated Learning:** When an ANFP mentor shares their own experiences and insights, this may help you avoid missteps in your career and speed up your learning curve.
2. **Personalized Guidance:** Unlike general advice, an ANFP mentor tailors their support to your specific goals, challenges, and strengths related to the foodservice and nutrition industry.
3. **Accountability:** Having someone to check in with you regularly, such as an ANFP mentor, helps to keep you focused, motivated, and on track toward achieving your goals.
4. **Expanded Network:** An ANFP mentor can introduce you to valuable connections and opportunities to help expand your professional network.
5. **Confidence Boost:** An ANFP mentor will provide regular encouragement and validation that can boost your confidence and decision-making skills.
6. **Constructive Feedback:** An ANFP mentor can give honest feedback that helps you learn and grow.
7. **Skill Development:** With the help of an ANFP mentor, you can identify and build the key skills you need to succeed in your career or personal pursuits.
8. **Goal Clarity:** An ANFP mentor can help you clarify your ambitions, interests, and goals, and map out a practical, strategic path to achieve them.
9. **Perspective and Insight:** With more experience, an ANFP mentor offers perspectives you might not have considered, helping you make more informed choices or look at situations from a different lens.
10. **Emotional Support:** An ANFP mentor can often serve as a sounding board, offering encouragement and a sense of stability.

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Learn more about the ANFP mentorship program at www.ANFPonline.org/mentorship