

# Congratulations 🎉

Congratulations on participating in your first mentorship session! You're well on your way to achieving your professional and personal goals. To keep the momentum going, follow these simple and interactive steps after your session:

## What's next?

### Log the session on Upnotch

If the session wasn't on Upnotch, log it to make it count and grow your Board. Go to Menu > Sessions > Log a session.

### Praise your mentor

This will show your mentor that you value their time. Simply go to your mentor's profile and click on Praise.

### Reflect on the session

Take some time to think about the key takeaways from the session. What new information or insights did you gain? How can you apply what you learned in your work or personal life? If you think of additional questions, write them down for your next session

### Schedule your next session

Schedule your next mentoring session with your mentor. This will keep you accountable and ensure that you continue to make progress toward your goals.

## Top Tip 💡

**Identify One Key Takeaway.** What was the most valuable lesson you learned from your mentor that you can put into practice today?

**Evaluate your progress periodically.** Check if you are meeting your goals. If not, adjust your plan and communicate with your mentor.

We're here to help you. Please contact support at any time if you have questions.

Happy mentoring! 🙌