

How does MOMENTS Work?



APPLY

All interested team members must submit an application on moments.mo.gov to participate. You can apply to be a mentee, a mentor, or both.

Applications can be submitted anytime — even outside quarterly application windows.



SUPERVISOR REVIEW

All applications are routed to the team member's direct supervisor for review, and they will be notified if it is approved or denied.



SEARCH

Approved mentees will seek a mentor via manual search or from their suggested matches. When a mentee clicks 'Select as Mentor,' the mentor is automatically notified of the mentee's request.



MATCH

After the mentor has approved the mentee's request, they are officially matched. Mentees can have up to two active mentors and in turn, mentors can have up to two active mentees.



CONNECT

Mentees connect with their mentors within 48 hours of matching to begin discussing mentorship details including meeting cadences, goals, expectations, and more.



MEET

Mentees drive the mentorship and mentors support the mentee!

Applying is Quick and Easy!



[START YOUR APPLICATION](#)

[MENTEE & MENTOR PROFILE LOGIN](#)

[ADMINISTRATOR & SUPERVISOR LOGIN](#)

[CALENDAR](#)

[FAQS](#)

To Learn.
To Connect.
To Belong.



The Missouri state workforce is filled with capable, driven, and knowledgeable team members, all of whom have something to offer others. **MOMENTS** is a statewide initiative aimed at connecting team members to learn from each other, to strengthen our teams, and to deepen our sense of belonging through mentoring relationships. By connecting ambitious mentees with proven leaders, we can shape the next generation of leadership within the State, setting ourselves and our customers up for excellence for years to come.

Upcoming Important Dates

Match Group Eight

9/23/25 – Office Hours, 10:00-10:30 a.m.
9/25/25 – Office Hours, 2:00-2:30 p.m.
9/29/25 – Application Window Opens
10/7/25 – Mentor & Mentee Training, 10:00-11:00 a.m.
10/9/25 – Mentor & Mentee Training, 2:00-3:00 p.m.
10/10/25 – Application Window Closes
10/17/25 – Supervisor Approvals Due
10/28/25 – Mentees receive Suggested Matches

Register for Office Hours and Mentor & Mentee Training via the calendar.

Mentee Resources



Mentor Resources



Applying is Quick and Easy!



MOMENTS
To Learn. To Connect. To Belong.

Hello Kaitlyn Cook

Mentor/Mentee

Exit

Start Your Application

PLEASE READ BEFORE APPLYING:

MOMENTS was designed for team members who want to further their professional development and build skills through mentorships. MOMENTS is a self-driven program meaning mentees and mentors should work together to determine meeting cadences (how often and how long you will meet), the mentorship duration (e.g. three months, one year, etc.), and goals/objectives for the mentorship.

Please maintain regular communication with your mentee/mentor, follow through, and take ownership of your learning journey.

Create Mentee Application

Create Mentor Application

APPLICATION INFORMATION:

Team Members can apply at any time.

Team members who want to be a mentee AND mentor, must submit an application for each role. *Please ensure you have the capacity to fulfill both roles*

Click 'Save' when you have completed your application. You should receive a 'Successfully Submitted' notification.

Your application(s) will be routed to your direct supervisor for review.

Mentee Application

Fields to Complete

Working Hours: Daytime, Evening, or Overnight

Short Bio: Consider including work history, education, certifications, proficiencies, volunteer experiences, motivators, and anything you're comfortable sharing with potential mentors.

Skills: Select career skills and soft skills that you are seeking in a mentor, ranked in order, with a minimum of three and a maximum of six between the two categories.

Mentee Agreement: Check the box to verify you've read, understand, and agree to the program guidelines and expectations.

Mentee Application - Kaitlyn Cook

Employee First Name *

Kaitlyn

Employee Last Name *

Cook

Supervisor First Name *

Supervisor Last Name *

Supervisor Email *

Work Location *

Current Job Title *

Hire Date *

Working Hours *

Select Working Hours...

Daytime: 8am-5pm, Evening: 5pm-12am, Overnight: 12am-8am

Biography: Include details that you're comfortable sharing with potential partners. Examples: Preferred name, work history/background, how you got to your current position, education, other certifications or proficiencies, teams or projects you have worked on, volunteer work, and previous mentoring experiences. *

Skills: Select skills you are looking for in a mentor. You can select a minimum of three and a maximum of six, between both skill areas.

Career Skills

Change Management

Collaboration

Decision Making

Delegation

Networking

Add >>

<< Remove

Selected Career Skills Ranked In Order

Soft Skills

Adaptability

Business Ethics

Conflict Resolution

Critical Thinking

Empathy

Add >>

<< Remove

Selected Soft Skills Ranked In Order

I agree to connect with my mentor within two (2) business days of receiving notice they've accepted my request.

I agree to work with my mentor to determine how often and when we will meet, and schedule meetings accordingly.

I agree to share my mentorship goals and expectations with my mentor so they can provide relevant guidance and resources.

I agree to lead the mentorship and take initiative. I will maintain regular engagement, prepare for meetings, and follow through with tasks.

I agree that I am responsible for my learning journey, and to regularly self-assess throughout each mentorship.

I agree to practice active listening during mentoring meetings.

I agree to receiving and implementing constructive feedback from my mentor.

I agree to be respectful, non-judgmental, and courteous.

☐ By checking, you are confirming that you have read, understood, and agree to the above guidelines.

Submit

Close

Mentor Application

Fields to Complete

Working Hours: Daytime, Evening, or Overnight

Short Bio: Consider including work history, education, certifications, proficiencies, volunteer experiences, motivators, and anything you're comfortable sharing with potential mentees.

Skills: Select career skills and soft skills that you're capable of mentoring on, ranked in order, with a minimum of three and a maximum of six between the two categories.

Mentor Agreement: Check the box to verify you've read, understand, and agree to the program guidelines and expectations.

Mentor Application - Kaitlyn Cook

Employee First Name *

Kaitlyn

Employee Last Name *

Cook

Supervisor First Name *

Supervisor Last Name *

Supervisor Email *

Work Location *

Current Job Title *

Hire Date *

Working Hours *

Select Working Hours...

Daytime: 8am-5pm, Evening: 5pm-12am, Overnight: 12am-8am

Biography: Include details that you're comfortable sharing with potential partners. Examples: Preferred name, work history/background, how you got to your current position, education, other certifications or proficiencies, teams or projects you have worked on, volunteer work, and previous mentoring experiences. *

Skills: Select skills you are looking for in a mentee. You can select a minimum of three and a maximum of six, between both skill areas.

Career Skills

Change Management
Collaboration
Decision Making
Delegation
Networking

Soft Skills

Adaptability
Business Ethics
Conflict Resolution
Critical Thinking
Empathy

Add >>

<< Remove

Add >>

<< Remove

Selected Career Skills Ranked In Order

Selected Soft Skills Ranked In Order

I agree to connect with my mentee within three (3) business days if they do not reach out after I've accepted their request.

I agree to work with my mentee to determine how often and when we will meet and accept meeting requests.

I agree to share knowledge, guidance, and resources that align with my mentee's goals and expectations.

I agree to support my mentee as they lead the mentorship by maintaining regular engagement, preparing for meetings, and making myself available.

I agree to practice active listening to gain a deep understanding of my mentee's needs.

I agree to provide constructive feedback to help my mentee think, learn, and grow.

I agree to be respectful, non-judgmental and courteous.

☒ By checking, you are confirming that you have read, understood, and agree to the above guidelines.

Submit

Close

Application Successfully Submitted

YOUR APPLICATION WAS SUCCESSFULLY SUBMITTED

Your application will be routed to your supervisor for review. You will receive an email when it has been reviewed. Please contact your supervisor if you have questions regarding your application review.

AFTER YOUR APPLICATION IS APPROVED

Mentees

- You will need to find a mentor. You will not be assigned a mentor.
- Mentees can have two active mentors.
- Manual Mentor Search: Use the 'Search for a Mentor' button located in your mentee profile.
- Suggested Match List: If you've applied during a quarterly application window, you will soon receive a list of suggested mentor matches based on the career and soft skills selected in your application. You can select a mentor from your suggested matches or via manual search.

Mentors

- Mentors can have two active mentees.
- You will receive an email when a mentee has requested to partner with you. You can approve or decline the mentee's request.
- New team members, especially those new to state government, need guidance and support as they navigate their career journey. Encourage new team members in your area to join MOMENTS to formally mentor them.

Close