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



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

10:00-11:00 a.m.

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,

10/9/25 – 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!



Hello Kaitlyn Cook

Mentor/Mentee Ex

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

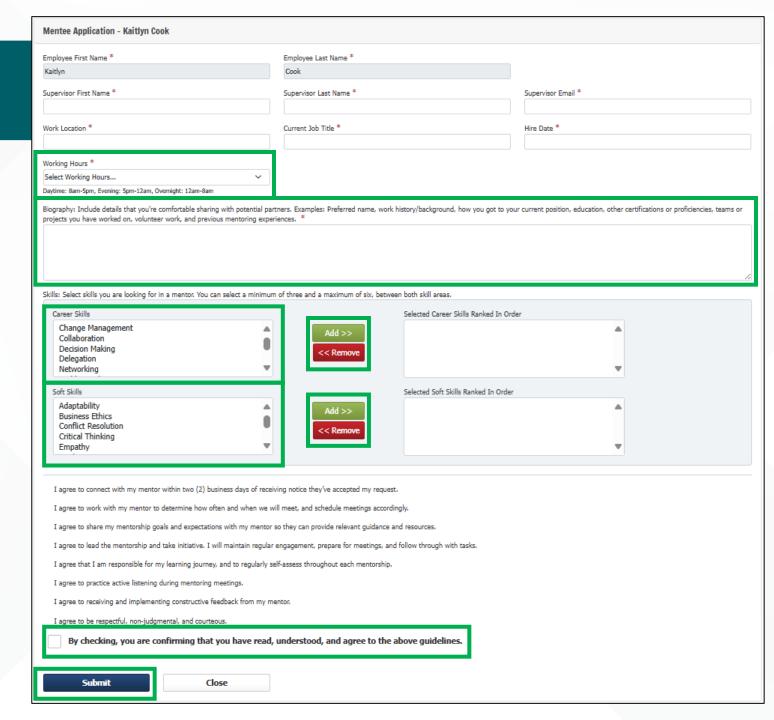
Fields to Complete

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.



Mentor Application

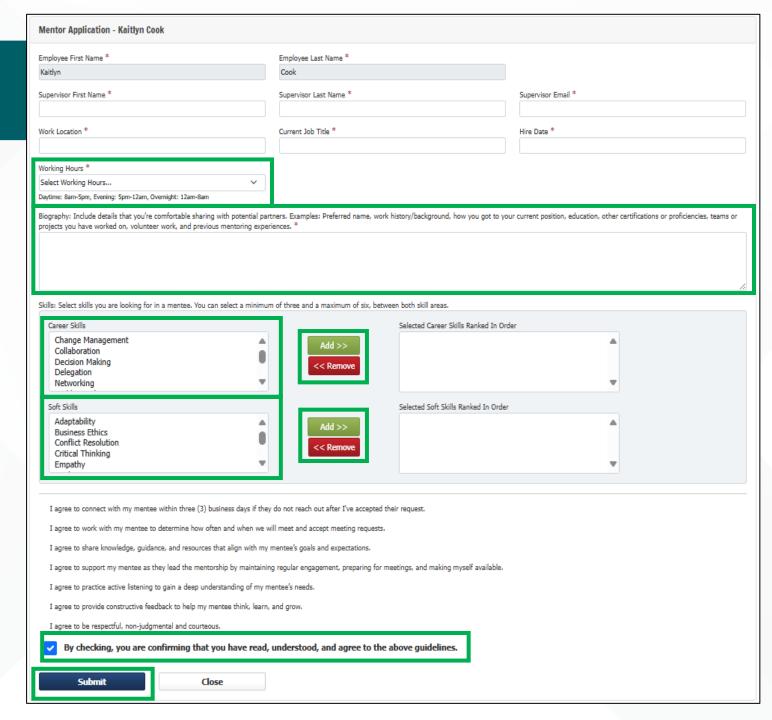
Fields to Complete

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.



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.
- <u>Suggested Match List</u>: 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.



