

Top Tips to help you find & work with a mentor

Part
3

Taken from the blog 'Finding and working with a mentor'
by Dr Kay Guccione and Dr Steve Hutchinson

How to make the relationship work



Clear communication



Prepare and plan ahead of your meetings



Work together to set expectations and boundaries



Speak openly and be open-minded to suggestions



It is your role as a mentee to keep in touch, feed-back, follow-up and help your mentor to get it right for you. Here is how you can craft your feedback:

- How useful was your meeting for you, and why?
- What would you like to focus on in the next sessions? What would you like to move away from?
- Did you notice your thoughts changing positively/negatively during the session? What activated this?
- Are you doing/do you plan to try out anything differently in the future?
- You can leave the partnership if it's not working for you. Simply thank your mentor, name something you have achieved as a result of meeting with them and advise them you are now stepping back to consider your next steps.



Choosing and working with a mentor is an important career decision. Dedicate some time to reflect how things are going. Mentoring can be a truly beneficial relationship for both parties – make sure you find someone who is happy to share their insight, knowledge and experiences – but who will also listen to yours.

[Click here to read the full blog](#)