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.

Top Tips to help you find & work with a mentor

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.

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