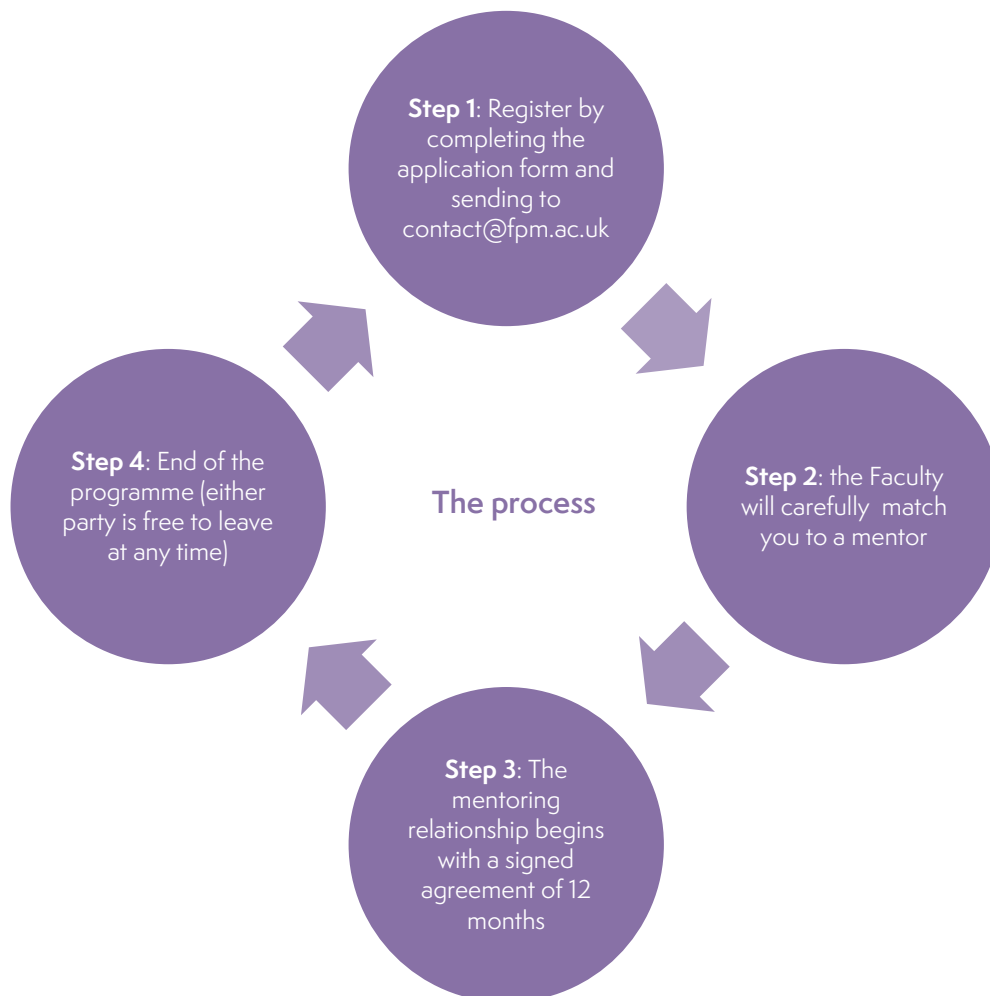


Do I need a mentor and what are the benefits?

- ▶ A powerful tool for personal growth
- ▶ Personal development – self-confidence, career development, decision making
- ▶ Help with transition points in life
- ▶ Striking a balance between personal and professional life
- ▶ Building professional working relationships



The mentoring relationship:

- ▶ Signed contract for 12 months
- ▶ Set objectives
- ▶ Begin a mentoring conversation
- ▶ Minimal of 4 meetings either face to face or virtual
- ▶ Evaluate the mentoring interaction
- ▶ Reflect on what has been learnt
- ▶ Review the next steps