

# What is Mentoring?



## What is a Mentor?

A mentor is someone who has more experience or knowledge in an area who helps you to learn and grow your potential.

Mentors are usually in organisations like workplaces, or universities, but they can also be in community settings.

## What are the benefits of having a mentor?

There are many benefits of having a mentor. As well as being able to learn from a mentor's experience, having a mentor can help you:

- make decisions for yourself
- develop professional skills
- identify and achieve career goals
- increase your confidence
- gain insight into a different perspective
- develop leadership skills
- become a mentor yourself.



*"I love mentoring young people. I have mentored 3 or 4 young people. I sometimes see their parents and they say they are doing really well!"*

**-Monique**



## What does mentoring involve?

Mentoring can be a formal relationship organised through a mentoring program, or an informal relationship.

Whether it is a formal or informal arrangement, it is important that both people have agreed to a mentoring relationship in which:

- the roles of each person are clear
- you have times and places to meet
- short and long term goals are set
- there is trust and respect between each person.

## How to find a mentor

Sometimes getting a mentor happens by accident, sometimes it happens through asking a person and sometimes it happens through a mentoring program.

A mentor can be a person you know well like:

- someone you work or volunteer with
- a teacher or lecturer
- someone you know through friends, family or community groups.

Some things you can do to find a mentor include:

- follow the work of people you admire, or want to be like
- build your network by joining groups and attending events
- ask someone!

