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EFFECTIVE MENTORING

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Agenda:

- Definition of Mentoring
- 4 Types of Mentoring Experiences
- Let's Talk about Mentorships
- Self Compassion and Compassion for Others
- Breaking Stigma
- Ensuring Healthy Boundaries
- Holding Space and Building Healthy Relationships
- Mentoring is a Two-Way Street



Definition of Mentoring



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Definition of Mentoring

Four types of mentoring opportunities:

- 1. Role Models
- 2. Career focused relationships (formal)
- 3. Challenge focused Peer Friend(informal)
- 4. One time informational interview



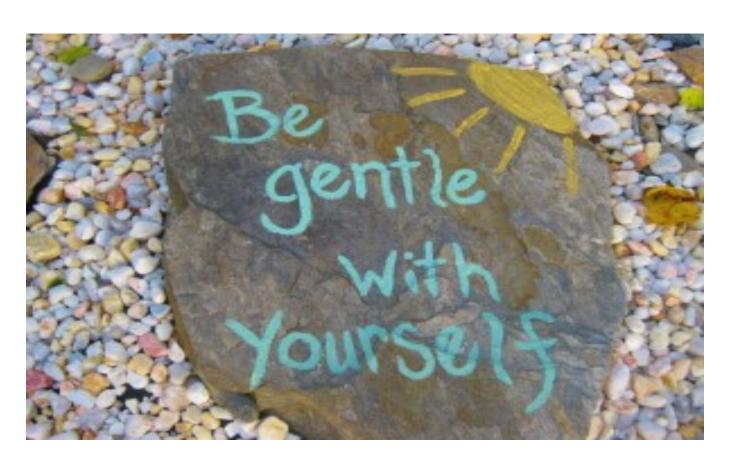
Let's talk about mentorship



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Model Self Compassion and Compassion for Others





Talk about asking for Help and acknowledge challenges





Boundaries:

the limits to a relationship between you and another





Types of Boundaries:

- Physical
- Emotional
- Sexual
- Material
- Time



How to set Healthy Boundaries:

- Clarity about the relationship
- Know your Limitations
- Detach with empathy / kindness
- Schedule appointment times



Holding Space and Building Relationships

Being open minded
Seeing the person in front of you
Using Empathy/Compassion
Use of Listening Skills
Instilling support
Finding commonality
Bringing them into the fold



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Mentoring is a Two-way Street: Mentee input is essential

- Objectives/Goals
- Rapport building
- Planning
- Frequency
- Personal experience and enriching the lives of the mentor and mentee





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