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EFFECTIVE MENTORING

By: **Shari R. Pearlman, LCSW, JD,**
Assistant Director / Lawyer Counsellor

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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www.lapbc.com

info@lapbc.com

604.685.2171

1.888.685.2171

shari@lapbc.com

