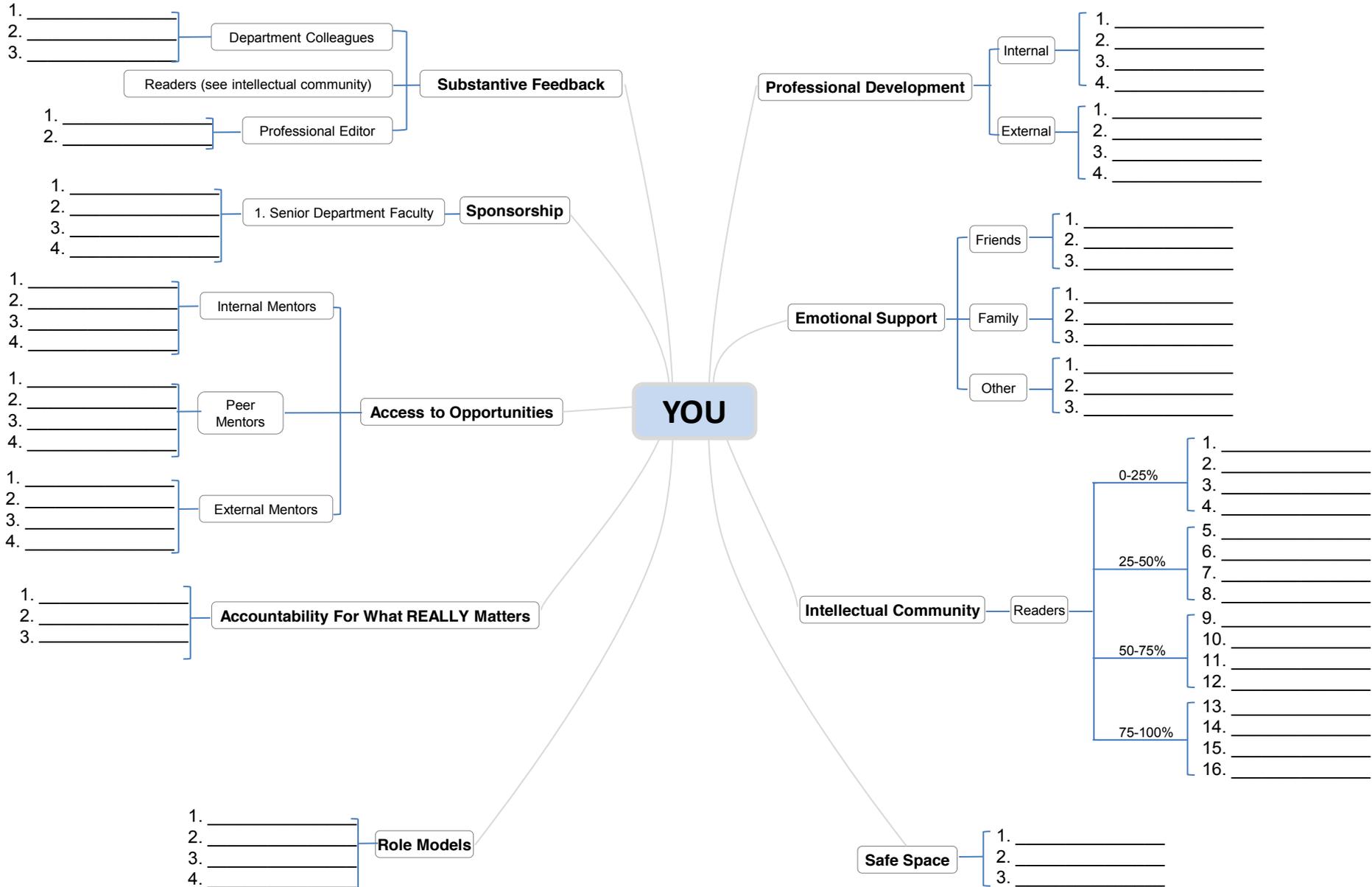


NCFDD MENTORING MAP

Brought to you by the ISMMS Office of Faculty Development



Kick-start Your Mentorship Network!

To support a thriving relationship, mentors and mentees should ask themselves:

"What do I need to learn/unlearn to mentor this person?"

"How can I help the other person?"

"Do I hold them accountable?"

"What do I expect to gain from this relationship and where do I stand at this moment?"

"Do I encourage them to share their views?"

"Am I feeling excited or nervous about this relationship?"

"How can I encourage them to do better?"

"Am I being honest and supportive in my feedback?"

"Am I biased or closed minded while listening to the other person?"

"Why is this person right for me as a mentor?"

"In which aspect of my life could this mentor best support me? Will they recommend other mentors to fill the gaps?"

"Why should a mentor help me?"

"Do I understand what a mentor desires from the partnership? How can I provide it?"

"Do I feel open to share my ideas? Am I being heard?"

"How am I doing in relation to my goals? Do I need to revisit them?"

"How do I respond to feedback? How do I use the feedback?"

"What can I do more to grow this relationship?"