

MENTORING BITES

Research suggests that reinforcement is critical to retaining learning. Our Mentoring Bites help reinforce what your participants learned during the program kickoff and ensure sustained momentum and results.

Mentoring Bites is a swipe file with 60 bite-sized multi-media electronic communications to your mentoring cohort or community.

Topics Include:

- Roles of mentors and mentees
- Ways to elevate conversation
- Feedback
- Goal Setting
- Building Trust
- Bridging Differences
- Sustaining momentum
- Enabling Growth
- And Many More!

Format Includes:

- Videos
- Graphics
- Best Practices
- Questions for Discussions
- Checklists
- Tips
- Reminders

Includes a 6-month, 9-month and 12-month timeline for distribution.

ENCODED PERSPECTIVE SHARING

Once you both agree on a goal, ask what perspectives might be missing. The question here is "What perspectives might be missing on how we can achieve our goal?"

You
Tube



CENTER for MENTORING EXCELLENCE

STEP TWO REACH A LEARNING CONCLUSION

Have a no-fault conversation with each other about the different experiences you learned from.

- What worked well for you in the relationship?
- What did you learn about mentoring? Being a mentee? Being a mentor?
- What would you do differently next time?

STEP FOUR CELEBRATE SUCCESS

You have come a long way.

WHAT IS MENTORING?

Here is a carefully curated definition of mentoring that comes from best practices, academic research, and interview with thousands of mentors and mentees.

Mentoring is...

a reciprocal learning relationship in which a mentor and mentee agree to a partnership where they work together toward achievement of mutually defined goals that will develop a mentee's skills, abilities, knowledge and/or thinking.



Remember:
"The main thing is to keep the main thing, the main thing."
Keep your focus on your goals so you can measure success.



EXPOSURE FOR CAREER SUCCESS

Exposure to opportunities and connections is more important to career success than ever. Mentors can add tremendous value by introducing them to people and giving them some time to think about your own connections that would be helpful for their career.