



What makes a good mentor

Most of us have had a teacher, supervisor or coach encouraging and supporting us throughout our lives and making a positive impression.

These people had many roles – role models, cheer leaders. Mentors assume these different roles during the course of the relationship and share basic qualities from these roles:

- Desire to help and be involved in the upliftment of a disadvantaged woman
- Respect for all women, no matter the social standing or wealth.
- Listening skills
- Empathy
- Ability to problem solve
- Ability to recognize opportunity
- Flexibility

Benefits

Mentor / mentee relationships are a shared opportunity for learning and growth.

Mentoring benefits the mentee to:

- Achieve personal growth and learn more about themselves
- Improve self esteem
- Feel more productive and have better attitude to work and life
- Enhance relationships with partners and children

A good mentor is willing to take the time to get to know their mentee, to learn new things that are important to someone else and may even be changed by their relationship.



GET STARTED

- What time commitment can I make?
- How would I like to help?

WHAT IF SOMETHING EXTREMELY SERIOUS COMES UP?

While most mentoring relationships develop and flourish without serious problems, things do happen. Mentors have an important role, but that role does not include family counselling or medical or psychological treatment. There are support systems in place for real emergencies. Contact project manager for information. The most a mentor is expected to do — and should do — is to help guide a young person to the appropriate source of professional help.

WHAT IF WE DON'T HAVE ANYTHING IN COMMON?

Many first-time mentors worry that differences in age, race, religion, education or gender will be insurmountable barriers. Actually, most experienced mentors report that mentoring a young person from a different background broadened their own horizons and deepened their understanding of other people and cultures.

WHAT IF I CAN'T MENTOR ANYMORE?

This is a very serious concern. Mentoring is a deep commitment. There are times, however, when uncontrollable things happen — perhaps a job relocation or sickness — and you simply must withdraw from your mentoring relationship. If that happens, you need to talk to the Project coordinator and discuss the best way to end the relationship. Except for such unavoidable circumstances, it's best to stay in a mentoring relationship.