



# MENTORSHIP PROGRAM

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John Ware Youth Engagement and  
Empowerment Program



# YOU MIGHT HAVE SOME QUESTIONS

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- What does it mean to have a mentorship?
- What can I expect from my mentoring relationship?
- What's expected of me as a mentee?
- How can I make the most out of my mentorship?





Student To Empowered  
Professional

Connect! Learn! Empower!

# WHAT DOES IT MEAN TO BE MENTORED?

# WHAT IS MENTORSHIP?

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Mentoring is a developmental partnership through which the mentor shares knowledge, skills, information, and perspective to foster the personal and professional growth of the mentee

mentor | 'men,tôr |

*A mentor is a more experienced individual who helps and guides another individual's development.*

mentee | 'men'ti: |

*A mentee is someone who has a desire to gain skills, experience and knowledge that will aid in their personal and/or professional development.*

# WHAT CAN I EXPECT FROM A MENTORING RELATIONSHIP?

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## The Mentorship concept

**M-** Maintain the Relationship  
**E** – Encourage  
**N** – Nurture  
**T** - Teach  
**O** – Offer Mutual Respect  
**R** – Respond to Mentees needs

**M-** Maintain the Relationship  
**E** – Effective in planning  
**N** – Natural  
**T** – Thoughtful of time  
**E** – Engaged in partnership  
**E** – Ethical

# “A GOOD MENTOR TEACHES YOU HOW TO THINK, NOT WHAT TO THINK”

## WHAT YOU CAN EXPECT

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You will get one-to-one tailored meetings focusing on what you want, is important to you and your career development in terms of skills and jobs. You will have a number of confidential meetings with your mentor to discuss specific topics, identify possibilities and agree actions.

## WHAT YOU CAN GAIN

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Mentors can help you through:

- Identifying professional organizations to get involved in
- Identifying training and skill development opportunities
- The uncertainty of starting a new career
- Identify potential careers opportunities
- Gain knowledge on required schooling and commitments for your future plans

# WHAT DO I NEED TO DO AS A MENTEE?



## BEFORE OUR FIRST MEETING

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- Determine what some goals you may have are
- Learn about your mentor from their bio sheet
- Review discussion prompts in workbook

## DURING OUR RELATIONSHIP

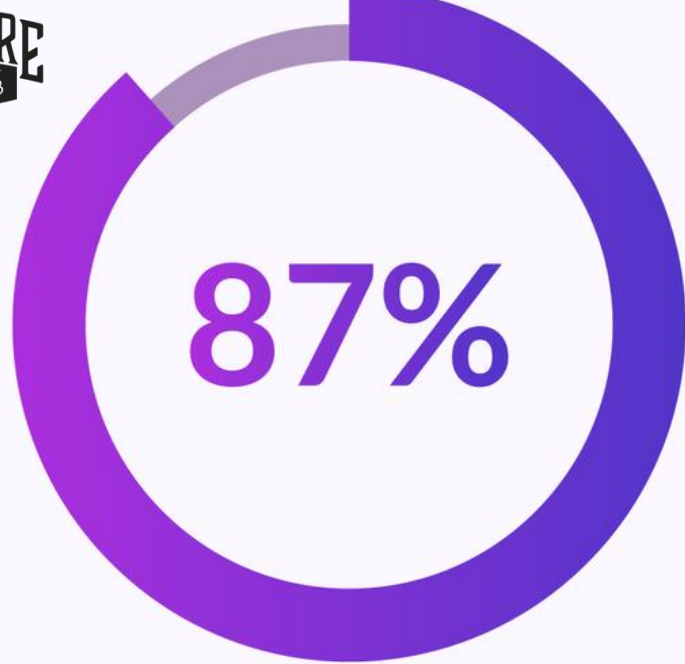
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- Is the environment you meet in suitable?
- Build a relationship with trust
- Keep session logs
- Keep your goals updated and utilize your mentor to help you achieve your future plans
- Be present during sessions
- Respect the boundaries of the relationship
- Be honest about your skill set

# HOW CAN I GET THE MOST OUT OF MY RELATIONSHIP?

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## of mentors and mentees

feel **empowered** by their  
mentoring relationships  
and have **developed**  
**greater confidence**

- Think of talking points before your session
- Think about your ambitions, goals or even concerns, how can your mentor help with these?
- Trusting relationship
- Be positive
- Understand mentoring is not forever

Mentee

Expert

Coach

Learner

Mentors

??????


Alberta



# THANK YOU

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 VICTORIA MUHLBEIER

ON BEHALF OF  
JOHN WARE E&E YOUTH PROGRAM

