5 TIPS ON MENTORSHIPS

**Be Honest**
Be forthcoming about expectations, goals, and potential issues. Be clear about time commitment, communication preferences, and availability. If a mentorship is not working, tell the mentoring committee!

**Be Open**
Listen to what one another is saying and take their advice/suggestions/constructive criticisms seriously. Reflect and evaluate on them. The decision to follow their feedback is yours alone, but be clear about your reasonings.

**Be Flexible**
As much planning that may be done, a mentorship may developed differently than previously mapped. Life happens, paths change, things pop up. Accommodate these changes in your mentoring relationship.

**Be Empathetic**
Try to refrain from judging when communicating. Validate their words and ask questions. A strong rapport relies on understanding and reliability. Build one another up with sincerity and encouragement.

**Be a Good Person**
A mentoring relationship is a confidential one. It succeeds when both partners are actively engaged and committed. Trust that your partner will provide growth in leadership skills, professional abilities, and confidence in yourself.

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