A Successful Mentoring Relationship

Qualities of a Good Mentee:
- Transparent about needs and goals
- Respectful of time
- Prepared for meetings (agenda)
- An active listener
- Takes charge of own learning

Qualities of a Good Mentor:
- Ability to see the bigger picture
- Keeps things in perspective
- Tough but encouraging
- Sets/ensures realistic timelines
- Well-connected → Sponsorship
- Keeps in mind mentee’s personal well being
- Active listener

Reciprocity
- Mutual respect
- Clear expectations
- Outlined at the onset
- Revisited over time
- Personal connection
- Shared values
- Research, clinical & personal life