

MENTEE TIPS

Tips to help you get the most out of your mentoring program:

1 Be considerate of your mentor's time.

Everyone is busy and we all value our time. Our mentors are giving you their time for free, so make sure you show up for your scheduled meeting on time and fully prepared.

2 Have a list of specific questions for your mentor.

Be as prepared as you can. Turn up with a list of focused questions – the more the merrier. Try not to be vague, for example, "I need help." Be specific about what exactly you need help with, that way your mentor can give you their best advice.

3 Turn up with two ears and one mouth

Sometimes we ask for advice but end up doing all the talking – yes we've all done it. But, if we knew what to do in the first place, we wouldn't have had to ask, right? To get the best value from your mentor, ask the question and then listen to the answer. Also, don't rely on your memory, always take notes.

4 Action it!

Your mentor's gift to you is his or her advice. Your mentor wants to see you succeed, so don't put that gift in the back of the cupboard, get out there and use it. The most successful people take advice and run with it, so do it.