



Mentorship 101

Purpose, Pathway, Paradigm Guidebook for Mentees



Purpose

The purpose of PHE Canada's mentorship program is to provide you with an opportunity to connect with trusted mentors from the PHE Community who can support you on your professional journey. Interactions with your mentor should be comfortable, feel safe and inspire and motivate you. We hope that your confidence grows throughout the duration of this program and that you are able to take what you learn through this program and apply it in your unique way as you continue on your journey.

The Mentorship Success Pathway

Here are 5 ways you can maximize your mentorship experience.

4

Be Authentic & Genuine

Be you! The goal is for you to feel comfortable to freely express yourself and to share your thoughts honestly with your mentor.

5

Practice Active Listening

Silence alerts, notifications, and other distractions as much as possible during the time spent with your mentor to ensure they have your full attention.

3

Seek Trust & Confidentiality

Let your mentor know you value trust and what is said between both of you will remain confidential unless noted otherwise.

2

Come Prepared

Think about some things you want to talk about with your mentor each time you connect with them.

1

Make Yourself Available

Share your availability with your mentor. Remember to be respectful and courteous of your mentors' schedule and their commitments.

Maximizing Your Mentorship Experience

What is the role of the mentee on each interaction with your mentor? Look to develop the following skills to ensure you are getting the most out of your time spent with your mentor.



Virtual Icebreaker Ideas

Here are some activities you can do together to break the ice during your first mentorship session.



GIF of the Day

Share a GIF that accurately describes how your day/year is going.



Shelf Care

Share your favorite book, blog or research article you last read.



Essential Items

Share what you believe to be the most essential item in your kitchen.



Adventure Thinking

Would you rather ZOOM from a cabin in the mountains or from a cottage on the ocean?



Life Stories

Share your life story in 5 minutes.



Share 3 Photos

Share 3 photos of yourself or of your school.

For some additional ideas, check out **51 icebreaker activities** (<https://teambuilding.com/blog/virtual-team-building-activities>) from **teambuilding.com**