



Mentors: Assessing Your Readiness for a Mentoring Relationship

Assessing your readiness for a mentoring relationship involves reflecting upon your motivations (both intrinsic and extrinsic) for engaging in mentorship as well as your intentions, goals and desired outcomes.

Sharing these perspectives with your mentorship triad can help to ensure successful and mutually beneficial mentoring relationships. The following questions will assist you to reflect upon your perspectives before sharing them with your mentorship triad.

1. What interests me about being a mentor?

2. What are my goals and what do I hope to learn from the experience?

3. Am I willing and able to commit time and energy to fostering a productive mentoring relationship?

5. Am I willing to provide critical feedback?

6. Am I interested in contributing to the growth and development of other professionals?

7. Am I willing to learn alongside my mentee? Am I open to working with a mentee from a distance?

8. How might mentorship align with my professional development plan? What aspects of professional growth and learning do I want to strengthen in my own practice?
