

SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT NURSING AND MIDWIFERY MENTORSHIP

KEY ACTIVITIES FOR ESTABLISHING THE MENTORING RELATIONSHIP

These activities are designed to form the foundations of the mentoring relationship.

Work your way through them with your mentor/mentee. It will take at least an hour and a half to do it thoroughly.

The completed activity sheet can be used as the 'contract' for your mentoring relationship.

Introductions: take a few minutes to introduce yourselves and 'break the ice'. Some samples of how this can be done include sharing

- one thing that has made you smile in the past 24 hours
- the last time you had a holiday
- where you were born and grew up
- the name of your first pet
- where you went to university for your nursing degree

When you feel comfortable, proceed to discuss the following questions. Keep a record for yourself.

1. What do we each expect to gain and to give to this relationship?
2. What can we expect from each other?
3. What strengths do we have that we can work with?
4. How often will we meet?
5. When and where and how long will each session last?
6. What boundaries will we set around the mentoring relationship?
e.g. what will we discuss, what is 'out of bounds', how long will it continue and when will we call it quits?
7. What will we do if the arrangement is not working for one of us?

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8. When we meet, how will we check in and reflect on what has been happening since we last met?

ACTIVITIES FOR THE SECOND TIME YOU MEET

This activity can be used at your mentoring session to provide some structure.

Mentor to ask mentee:

- 1 What is your vision for the next 5 years of your career?
- 2 What would you like to have achieved?
- 3 What role would you like to hold in 5 years?
- 4 What goals will you need to set to meet your vision?
- 5 Which of those goals will we work towards in this mentoring relationship?