

Role of the mentee

The purpose of mentoring is for you to work on your professional development. Don't expect the mentor to solve your problems or provide quick fixes. You need to play a proactive part and ensure you are driving your mentoring sessions, just as much as your mentor.



Own and take responsibility for the content of the sessions



Be open to developing your self-awareness and to making changes



Be open to what the mentor has to say and to their advice - this doesn't mean you have to agree with it. Reflect and decide



Reflect between sessions on what has been discussed so you are prepared for your next steps