

Tips for Mentors

- Maintain regular contact
- Always be honest
- Avoid being judgemental
- Recognise that you have your own need for support
- Don't expect to have all the answers
- Help your mentee access resources and further support
- Be clear about expectations and boundaries
- Stand back from the issues your mentee raises but works together on them
- Respect confidentiality
- If the relationship falters – hang on