

# ELSE MENTORSHIP PROGRAM: MENTEE GUIDE

## OVERVIEW:

Thank you for your interest in becoming an ELSE Mentee. The purpose of this guide is to provide you with information and tools that can help you determine if being mentored is right for you and how to get the most out of a mentoring relationship.

## WHAT IS AN ELSE MENTEE?

An ELSE Mentee is an existing member of ELSE who has identified a specific professional goal and believes that the guidance and experience of an ELSE Mentor can help them achieve that goal.

## WHAT MAKES A GOOD MENTEE?

For a successful mentoring relationship to develop, any mentee should have the following skills and qualities:

- A willingness to learn about themselves
- A willingness to learn from the experience of others
- A commitment to personal and professional growth
- Comfortable with interpersonal relationships
- Good listening and communication skills
- A desire to learn
- Open minded and demonstrates a willingness to try new things
- An ability to accept feedback and apply it
- Is patient and understanding of time constraints
- Is respectful of the time and effort of others
- Exhibits a strong work ethic
- Shows initiative
- Is willing to take responsibility for their career
- Is honest and trustworthy

## THE VALUE A MENTOR:

**Professional Development:** Connecting with an experienced industry professional gives you the opportunity to develop professional competencies through exposure to your mentor's successes. In addition, mentees can look forward to expanding their professional network through the mentoring program.

**Personal Growth:** Being mentored can have a positive impact on your personal growth in terms of increased self-awareness, refinement of interpersonal skills, and the opportunity to obtain constructive feedback.

## HOW TO REGISTER:

Visit [www.elsecanada.ca/mentorship-program](http://www.elsecanada.ca/mentorship-program) to register as a mentor\* or a mentee\* and for full program details.

*\*Mentors will be subject to ELSE board approval, prior to being connected with an ELSE mentee. Mentees will be screened prior to acceptance into the program.*

## CONTACT US:

If you have any questions regarding this or other ELSE Programs, please email us at [else@cansia.ca](mailto:else@cansia.ca).



**SIGN UP  
ONLINE OR  
AT CANSIA'S  
BOOTH**



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Learn more at [www.elsecanada.ca](http://www.elsecanada.ca) or  
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