

Benefits of a Mentoring Partnership

Mentoring is a two-way relationship; both the mentors and mentees experience benefits. The mentor gains satisfaction by sharing knowledge, expertise and seeing the mentee develop.

Benefits of Having a Mentor	Benefits of Being a Mentor
<ul style="list-style-type: none"> • Individual recognition, encouragement and support • Increased self-esteem and confidence when dealing with professionals • Confidence to challenge yourself to achieve new goals and explore alternatives • A realistic perspective of the workplace • Advice on professional terminology used in the local industry • Knowledge of workplace "do's and don'ts" • Experience in networking 	<ul style="list-style-type: none"> • Satisfaction of helping a new immigrant reach their professional goals • Enhance leadership and coaching skills • Develop cross-cultural communication skills • Gain a better understanding of the skills and experience that immigrants provide • Recognition for service to the community • Increased self-esteem, self- confidence and affirmation of professional competence

Qualities

Mentors should enjoy helping and watching others achieve their goals. Some of the qualities of successful mentors are listed below; however, one person rarely possesses all of these qualities.

- Committed to the mentoring relationship
- Respectful of individuals and alternate lifestyles
- Good listeners
- Non-judgmental
- Sensitive to another person's struggle
- Stable and flexible
- Honest, patient and trustworthy