

Good Start in the Mentoring Process for Mentees



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To establish a good relationship between you and your mentor, you should reach out to your mentor and make the best out of your relationship.

Here are some tips that may help you!

1) Show Interest and Engagement

Come to the meetings well prepared. The more you contribute and prepare your own topics in advance, the more you will benefit from the meetings as well.

2) Be Reliable

By exchanging information within the whole mentoring process, it is important to be on time. If you have to cancel a meeting shortly before it begins, that should only be a one-time situation. Canceling meetings shortly beforehand reduces the motivation of the mentors if they know other spontaneous priorities have higher importance than the meeting.

3) Work in a Confidential Manner

The information exchanged in the context of the mentoring process must be treated confidentially. This, of course, also applies to personal information received from your mentor.

4) Give Constructive Responses

Tell your mentor if the information they gave was useful, as well as giving feedback if conversations do not lead to the desired outcome that is relevant or useful for you.

5) Express your Expectations and Fears

In the preparation of the first meeting you should address goals connected to the mentoring process. It is important to think about expectations and fears regarding the mentoring relationship.

"This program led me a way to build new relationships, network and contact in a whole new country!"
(Mentee)



"I'm thankful for the genuine friendship that was made through the program."
(Mentee)

Mentoring

Intercultural

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Methods for building relationships

Proposal 1: Walk Around

- Go for a walk together and exchange personal and professional topics, e.g. both of you could explain how you became motivated to participate in the Intercultural Mentoring Program.
- Often it is easier to talk about things you feel confident with – think about topics that you and your partner might have in common.

Proposal 2: The Board of Expectations

- Take note of your own expectations on metaplan-cards.
- Make a note, e.g. of your “fears or limitations” on red cards and your “hopes and desires” on green cards. The formulation of the questions should be simple and clearly stated, e.g. „What do I expect from mentoring?“, „What do I want to learn from here?“ or „What should not happen in any case?“
- Together, create a board of expectation(s) after discussing single cards and assembling them to an overall picture.
- Keep the results fixed.
- Before you meet up again, think about what each one of you can contribute to bring your wishes to reality and to avoid fears. Write the ideas on additional, e.g. white cards.

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