

What is a Mentor?

Infinite Arts checklist

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What is a mentor?

supportive and responsive, honest, understanding,
positive and encouraging, well prepared and punctual,
interested in the mentee
open to new ideas, not fixed in own experience and knowledge
a good listener, willing to learn, unbiased and patient

What might a mentor do?

take time to listen before commenting
ask questions rather than answering them
judge the right moment to introduce challenges
be prepared to look under the carpet
be able to remain objective
see you as an equal
use constructive criticism
Help you develop your plans
Remind you not to take too much on
help you to work out solutions
Help you set up good systems eg for reflection and evaluation
Remind you to look at the process and not just the product
Find hidden aspects, talents,

What shouldn't a mentor do?

Direct, dominate, or intimidate
use own experiences and issues as examples all the time
be patronising, negative, dictatorial or egocentric
Take over your project
Be a stirrer or a colluder, or try to get you to be one

When might I need a mentor?

If you are working in a new area or feel a bit out of your depth
If you are working in isolation
To help you solve problems
To challenge you

How will we communicate?

How often? For how long? By what means?
What are our shared objectives?
Is the role finite?
What if its not working?
Does it need to be face to face contact?

Where will I find a mentor?

Look for someone who is not involved in the running of your project but who knows enough about your type of work to be able to support, advise etc. The mentor should be competent and confident in their field of work and above all should make you feel valued.

Can you remember anyone who has said something that really made you think – and even tell others about?



Can you think of anyone who has influenced you in your thinking by questioning your approach?



Can you remember having heard, read about or seen anything which has changed your life?