

QUALITIES OF A GOOD MENTOR

Mentors Listen	They maintain eye contact and give Mentees their full, undistracted attention
Mentors Provide Insight	Mentors use their personal experience to help their Mentees avoid mistakes and learn from well-honed skills, thoughts and ideas
Mentors Criticize Constructively	When necessary, Mentors point out skills that need improvement, but never focus on personal likability, personal habits or intangibles
Mentors are Supportive	No matter how painful the experience, Mentors recognize Learning comes from Mistakes, and Supports and Encourages Improvement
Mentors are Specific	Specific advice is provided on what was achieved and done well, and on the areas that can be corrected an improved
Mentors Care	True interest and compassion are key to the Mentor-Mentee Relationship
Mentors Listen (Again and Again)	More listening is done than talking. Mentors advise; they don't preach.
Mentors Say Thank You	Mentors learn from their Mentees and remember to thank them for the opportunity