

## Some of the benefits of a mentoring relationship\*

- Discussing and formulating a learning plan
- Evaluating learning
- Planning career development
- Being supported in preparing for appraisal
- Being assisted in finding useful educational resources
- Having factual questions answered, or being guided to find answers
- Being prompted to and supported in action planning
- Resolving problems
- Reflecting on and making sense of recent experiences
- Making connections and seeing patterns in your own and others' behaviour/experience
- Being enabled to see a situation or problem from a different perspective
- Feeling understood and empathised with
- Developing effective listening skills (as mentor)

\*Reported at the Cygnus Mentoring in Medicine conference, May 2005. From a national survey January – April 2005