



Is mentoring for me? Launch webinar

HRP Alliance mentorship programme for young female researchers

"A really useful and informative session. It helped me understand more about how to become a mentor and what skills you need." Manager, FCDO Services

What are the benefits?

As a result of this session, prospective mentors and mentees will:

1. Be clear on what mentoring is/involves
2. Identify the benefits to them of being involved in a mentoring relationship
3. Get a taster of those benefits through practical experience

What do we cover?

- Mentoring – what is it?
- How does it work?
 - Mentoring philosophy
 - The difference between coaching and mentoring
 - Mentoring mind-set
- Benefits of mentoring – for the mentor and the mentee
 - Activity to help participants identify the benefits
- The mentoring conversation
 - OSKAR – a practical solution-focused framework for mentoring conversations
- Overview of the Programme
- Next steps