

Mentoring for mentees

Are you interested in additional professional networking and support opportunities?

Mentoring

Mentoring is identified as a complementary personal and professional support system, suitable to be accessed across the career life-cycle of all psychiatrists.

What's involved?

Eligible mentees will be paired with an experienced psychiatrist based on your needs and interests. You will be invited to attend an introductory workshop to meet with your mentor and identify your aims and goals for the program. You will then be expected to communicate on a regular basis with your mentor (approximately 1–2 hours per month).

What mentees need to demonstrate?

Key factors in getting the most out of your mentoring relationship include:

- ✓ willingness to reflect on own practice and development
- ✓ willingness to seek and accept feedback
- ✓ willingness to challenge themselves
- ✓ allocating time and energy
- ✓ having realistic expectations
- ✓ initiating and driving the relationship.

Practical tips for your partnership include:

- ✓ ask for your mentor's insights and advice
- ✓ connect to others with your mentor's assistance – expand your networks
- ✓ ask about books or resources that have helped your mentor
- ✓ reflect on situations from a number of perspectives
- ✓ get your mentor's support to 'stretch' yourself
- ✓ role play a difficult conversation before it takes place
- ✓ debrief experiences – gain insights into yourself and others
- ✓ brainstorm ideas – look to the future
- ✓ ask questions – even the 'silly' ones!
- ✓ just ask your mentor to listen.

Am I eligible?

Participation as a mentee is open to:

-rurally based RANZCP trainees who are in a RA 2–5 area.

-Aboriginal and/or Torres Strait Islander trainees

Applications close 27 August 2019

Places are limited so express your interest at www.ranzcp.org/mentoring

For more information

www.ranzcp.org/mentoring
or email the RANZCP mentoring team
at mentoring@ranzcp.org



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