

Mentoring for mentors

Are you interested in mentoring the next generation of psychiatrists?

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 their needs and interests. You will be invited to attend an introductory workshop to meet with your mentee and identify the aims and goals for the program.

You will then be expected to communicate on a regular basis with your mentee (approximately 1–2 hours per month).

Some of the roles of a mentor may include:

- ✓ establishing rapport and communication with mentee
- ✓ suggesting and helping to setup learning activities to meet mentee goals
- ✓ providing alternative but complementary non-supervisory support
- ✓ providing advice, guidance and encouragement
- ✓ helping to monitor the context of discussion, progress of learning and the development of the relationship
- ✓ providing constructive feedback.

Practical tips for your partnership include:

- ✓ share stories and advice
- ✓ connect your mentee with others
- ✓ share resources that have helped you along the way
- ✓ help your mentee to reflect on situations from a number of perspectives
- ✓ challenge your mentee to 'stretch' themselves
- ✓ role play a difficult conversation
- ✓ debrief experiences, gain insights
- ✓ share research
- ✓ brainstorm ideas
- ✓ just listen.

Am I eligible?

Participation as a mentor is open to all Fellows of the College (in Australia). Rural experience is desirable although not essential.

Fellows will not be paired with trainees they are currently supervising.

Applications close 27 August 2019

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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