# Mentoring

## WORKBOOK



## Mentoring

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Mentoring is a partnership between at least two people which supports professional and personal development. What words come to mind when you hear the word "mentoring"?
A good mentor
What characteristics does a good mentor have?

#### Mentoring and Reverse Mentoring

WHAT IS MENTORING?
HOW CAN YOU DEFINE A GOOD MENTORSHIP?
WHAT IS REVERSE MENTORING?
WHAT ARE THE BENEFITS OF MENTORING?
WHAT ARE THE BENEFITS OF MENTORING?

#### Next Steps

#### WHAT ARE YOUR NEXT STEPS?

1.)	
2.)	
3.)	
4.)	
<ul><li>(2.)</li><li>(3.)</li><li>(4.)</li><li>(5.)</li></ul>	
6.	
7.)	
8.	
6.   7.   8.   9.	
10.	

### Key Takeaways

TAKEAWAY 01.
TAKEAWAY 02.
TAKEAWAY 03.
TAKEAWAY 04.