



Core Mentoring Values

Purpose: These core mentoring values will help each mentee and mentor establish a solid foundation for their mentorship interactions

1. Mutual Respect

- **Value Each Other:** Acknowledge and appreciate each other's perspectives, experiences, and contributions.
- **Professionalism:** Maintain a professional demeanor and respect boundaries.

2. Clear Communication

- **Open Dialogue:** Engage in honest and transparent conversations. Share thoughts and feedback constructively.
- **Active Listening:** Listen attentively to each other's concerns, goals, and feedback.

3. Defined Goals and Objectives

- **Set Expectations:** Clearly outline and agree on the goals and outcomes of the mentorship.
- **Regular Review:** Periodically review and adjust goals to ensure alignment with progress and needs.

4. Commitment and Accountability

- **Dedication:** Both parties should be committed to the mentorship process and actively participate in meetings and discussions.
- **Follow Through:** Take responsibility for agreed-upon actions and follow through on commitments.

5. Confidentiality

- **Trust:** Maintain confidentiality of all shared information, respecting each other's privacy.
- **Safe Space:** Create a safe environment where honest and open discussions can occur without fear of judgment.

6. Constructive Feedback

- **Positive Approach:** Provide feedback in a constructive and supportive manner, focusing on growth and improvement.
- **Openness to Feedback:** Be open to receiving feedback and use it as an opportunity for personal and professional development.

7. Flexibility and Adaptability

- **Adjustments:** Be willing to adjust meeting schedules, goals, and approaches as needed to accommodate changing circumstances.
- **Adapt to Needs:** Adapt your mentoring style to meet the evolving needs and preferences of your mentee.

8. Goal-Oriented Focus

- **Purposeful Meetings:** Ensure that each meeting has a clear purpose and actionable outcomes.
- **Progress Tracking:** Track progress towards goals and celebrate achievements along the way.



Core Mentoring Values

9. Encouragement and Support

- **Motivation:** Provide encouragement and support to help each other stay motivated and focused on goals.
- **Celebrate Successes:** Recognize and celebrate milestones and successes throughout the mentorship.

10. Continuous Improvement

- **Learning Mindset:** Approach the mentorship with a mindset of continuous learning and growth for both parties.
 - **Evaluation:** Regularly evaluate the effectiveness of the mentorship and make necessary adjustments to improve the relationship.
-

Commitment to Principles:

By adhering to these guiding principles, both the mentee and mentor can build a strong, supportive, and effective mentorship relationship that fosters personal and professional growth.

Signatures:

- **Mentee:** _____
- **Date:** _____
- **Mentor:** _____
- **Date:** _____

Note: Revisit these principles periodically to ensure they continue to support the success of your mentorship relationship.