

Your Mentoring Relationship

The First Meeting

- Your first meeting is your opportunity to get to know each other and to agree on ways of working together
- Before the meeting have a look at the LinkedIn profile of the person you've been matched with. Make sure your LinkedIn profile is up to date too.
- Send a message to introduce yourself, using the contact details we provide.

At your first meeting

We've created a quick checklist of the topics you may find helpful to cover in your first session:

- Your backgrounds and careers so far
- What you're both hoping to achieve from mentoring
- The hopes and expectations you have of each other
- Any boundaries you would like to talk through
- Any conflicts of interest you may need to address
- The importance of confidentiality

If you feel that the chemistry is right and that you would like to set up your relationship more formally, we suggest that you cover the following topics:

- Ways of working together
- How often you'll meet (e.g. once every two weeks for 6 months)
- Meeting dates
- How you'll track progress
- Who will take the lead on organising future sessions

The session is also the perfect time to work through your **Contract for Success** which enables you to capture your key agreements formally.

We recommend that you agree the dates of your 12 sessions, within 6 months. If you feel that you need a longer time frame, then please let us know.

If at any stage you feel that the chemistry between you is not right, contact us at mentoring@bethebusiness.com as soon as you can to discuss next steps.

Do take a little time to listen to our three short podcasts in which two of our programme participants talk about how they set the foundations for their mentoring relationship:

- **Episode 1: Starting out**
- **Episode 2: Commitment**
- **Episode 3: Goal setting, openness and honesty**



Need more help?

Our team are here for you. Email us at: mentoring@bethebusiness.com