

# Are you interested in becoming a Mentor or Mentee?

## We are setting up an exciting new scheme for {Target groups} working in the East of England. To do this, we are looking for people interested in becoming both Mentors and Mentees

### What can Mentees expect?

Mentees will have the opportunity to work alongside trained Mentors as part of this scheme. You will have an opportunity to enhance your personal and professional development and increase your confidence. You will set your own goals and work with your Mentor to develop a plan of how you will achieve them – this could be how to manage life on the wards more efficiently, how to thrive in a new job or how to develop your career.

### What can Mentors expect?

Mentors will be able to develop transferrable skills through participation in this programme. They will refine their communication skills and enhance their leadership skills. Mentors will also have the satisfaction of watching their Mentees solve their own problems and participating in their personal development.

## lego sequence.pngMentoring can help trainees to reach their full potential…

### How can I find out more?

For more information please contact {Name} at {email address}

You can also find out more about mentoring on the EOE website at https://heeoe.hee.nhs.uk/coaching\_and\_mentoring

