



**The Mentoring  
School**

*The international experts  
in mentoring training*

# Being a Good Mentee

*A course to help mentees to get the most out of  
mentoring*

**Course Handbook**

## Being a Good Mentee

Welcome to the course.

There is no denying that having a mentor change your life. The impact of being guided and advised by someone with experience of the journey you are on is huge.

Being in a mentoring relationship is symbiotic – the mentor gains from mentoring, just as the mentee gains from being mentored. In our work we have trained mentors around the world and we've heard some amazing stories.

However, it is clear that to get the most out of this support the mentee needs to know what they can do. That is what you are here to learn, how to maximise the impact of the mentoring you are going to receive.

I have no doubt that your life will change because of the mentoring you will receive, I wish you luck with your journey.

With gratitude



Richard Daniel Curtis

CEO

The Mentoring School and The International Mentor Network

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### Module 1 – Introduction to mentoring

What does a mentor do?

### Three types of mentoring

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**Module 2 – What to expect in mentoring sessions**

The Mentor's Mantra

- 1.
- 2.
- 3.
- 4.

Activities that facilitate mentoring sessions

Two types of mentoring session

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Two ways of operating mentoring sessions

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**Module 3 – What mentors expect from their mentees**

What sort of actions might you set during mentoring sessions?

Activities you might do between mentoring sessions

## Being a Good Mentee

What are the expectations for a mentee?

What could you do to prepare for your mentoring sessions?

### **Module 4 – What to expect from your mentor**

Principles of mentors

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Four reasons for ending a mentoring relationship

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