



Top 10 questions for mentors

What questions do you need to ask before starting your mentoring relationship?

Before embarking on your mentoring journey we recommend reflecting on your role as a mentor. Here are our top ten suggested questions to help make sure you have effective mentoring relationships.

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The Academy of Medical Sciences' mentoring programme provides a fantastic opportunity for mentees to gain expert one-to-one mentoring on their career progression. Being a mentor is a rewarding and enlightening experience. To ensure you are prepared and get the most out of this experience we recommend thinking about the following questions:

What is your motivation for becoming a mentor?

What in particular do you feel you can offer in a mentoring relationship?

How will you build trust and rapport with your mentee?

What strengths and weaknesses do you feel you might have as a mentor?

How will you encourage and build the confidence of your mentee?

What restrictions or obstacles might you encounter?

How will you ensure a good basis for a sustainable relationship at the beginning?

How will you support your mentee to action their development between sessions to sustain progress?

What might you learn about yourself or your career as a result of being a mentor?

How have mentors and role models helped you in your career?

How you answer these questions will help guide your mentoring relationship journey and we recommend revisiting them throughout to keep on track and steer conversations in the right direction.

If you want to learn more or have any questions or concerns, please visit www.acmedsci.ac.uk/mentoring or contact us at mentoring@acmedsci.ac.uk