



Mentoring the Mentor (MtM)

With support from UW Behavioral Research Center for HIV BIRCH, the Mentoring the Mentor (MtM) program explores best practices with a focus on mentoring across differences between a mentor and mentee. The team conducted a needs assessment with advanced and early career faculty and trainees before designing the workshops.

The needs assessment identified there is a strong need in the health sciences for more training on effective mentoring practices, specifically mentoring across identity and background differences (e.g., gender, race, socioeconomic status and various other backgrounds).

Topics Covered in Workshop

Mentoring across differences

- *Acknowledge intersectionality of identities and differences between mentors and mentees*

Mentoring the whole person

- *Personal connection and to be known as a whole person for both the mentor and mentee*

Providing structure & support

- *Clear expectations and a certain level of structure for both mentor and mentee*

Using these topics as a road map, the workshop discusses effective methods, tool kits and resources to promote a holistic and bi-directional learning model.

Be on the lookout for the upcoming MtM Workshop on August 9, 2024!



Testimonials

- *"I appreciated the wealth of experience that the various attendees and facilitators had. I appreciated the range of identities reflected in the room and the case studies. I applaud the facilitators for having done such heavy legwork in listening to mentees about what they wish mentors would do better [and] then structuring a workshop around that!"*
- *"What I found most useful was [the] suggestion to set expectations from the beginning."*
- *"...this was wonderful for reviewing general mentorship principles."*