



Mentoring Prep

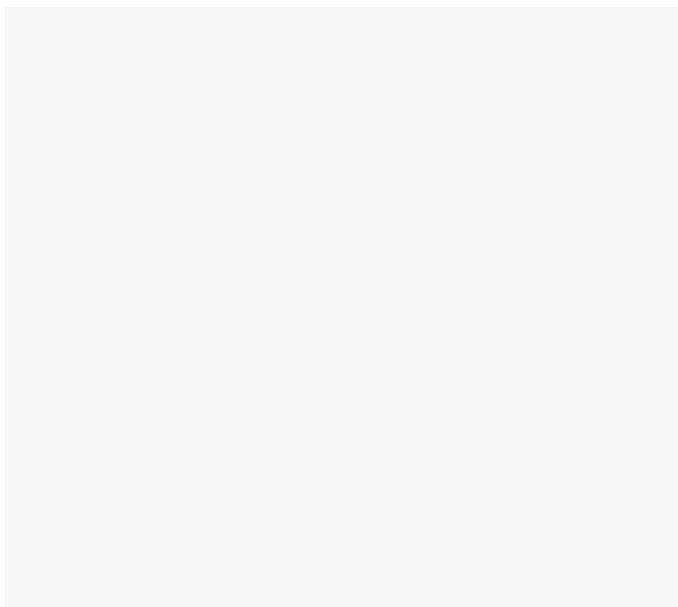
Practical skills for mentoring
conversations that matter



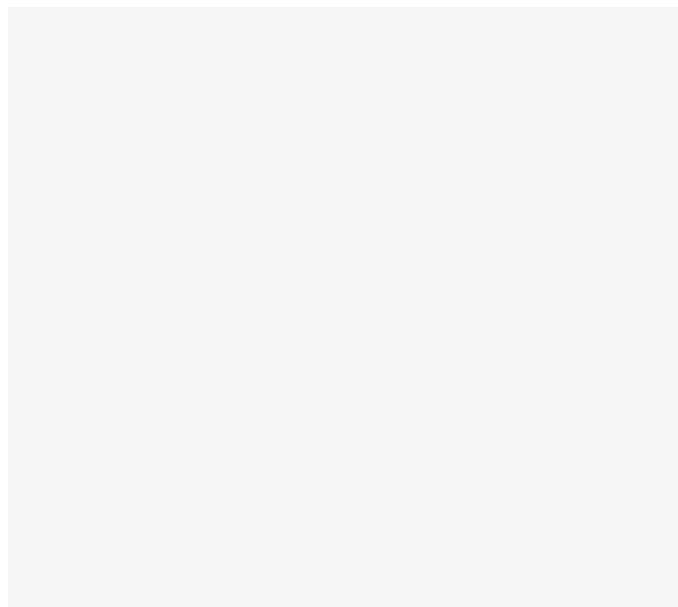
Building trust



⊖ What sabotages it?



⊕ What helps it?



Building trust



What will I consciously do to build trust with my mentee?

What behaviour do I need to be careful not to slip into?

Active Listening



SEE – How will they see they have my full attention?

HEAR – How will they hear that I've really listened?

FEEL – How will they feel that I 'get them'?

Storytelling



Stories I could share about moving from...

Self-doubt → **Confidence**

Conflict → **Connection**

Setback → **Growth**

Threat → **Opportunity**

Overwhelm → **Control**



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