

What is mentoring?

Mentoring is 'A relationship between two parties, who are not connected within a line management structure, in which one party guides the other through a period of change and towards an agreed objective'.

Why would you have a mentor?

- Access to experienced professional
- Opportunity to share thinking and learn
- Support and when appropriate, challenge
- Allows difficult or sensitive issues to be discussed *in confidence* with their mentor. The meetings are in confidence. To get the most from the relationship you should be prepared to discuss topics honestly and openly.

WHAT IS ESSEC ALUMNI UK OFFERING

1. Basic training for mentor and mentee
2. Putting you in touch with mentors/mentees
3. Offering a structure and access to a network of alumni based in the UK

What can you expect from a mentor?

- Get a better understanding on how to get on in the UK/with international teams
- To help set career goals and how to achieve them
- To expand networks and broaden horizons, to learn about a different types of jobs and employers
- To learn new skills and have a role model
- To raise your profile
- To understand how more senior people think and act
- To be able to progress in your career whilst having a life outside work
- To manage stress as responsibility increases