

What to expect from a mentor

Nature of the mentoring relationship

A mentor will:

- provide on-going and unbiased support
- listen to the parent-to-be and/or new parent
- share their own experience of being a parent and an employee
- be a sounding board for ideas

A mentor will not be an adviser or counsellor.

The period of the relationship

The period of the mentoring relationship is flexible although as a rule of thumb the maximum period of mentoring is usually 18 months. The relationship can be ended at any time by the Mentor and Mentee.

Confidentiality

What goes on in the Mentoring environment is confidential. If there are any issues that either person thinks must be brought to another person's attention then this must be discussed beforehand with the Mentor/Mentee.

The means of communication

The mentor and the mentee can agree on the most mutually convenient means of communication e.g. some people prefer face-to-face meetings at regular intervals while others may prefer email communication on a sporadic basis.