MENTOR

A mentor is a wise and trusted teacher, an influential senior supporter.

“Mentorship is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person. The mentor may be older or younger, but have a certain area of expertise.”

BEING A MENTOREE

Finding a mentor is one of the most important strategic career decisions you can make. Many renowned professionals have attributed their success to having had a mentor who took a personal interest in working with them during their career.

There are so many benefits of using mentoring in career development, including the following:

- Gaining from your mentor’s expertise
- Receiving critical feedback in key areas, such as communications, interpersonal relationships, technical abilities, change management, and leadership skills.
- Developing a sharper focus on what you need to grow professionally within your organization or elsewhere.
- Learning specific skills and knowledge that are relevant to professional and personal goals.
- Networking with a more influential employee.
- Gaining knowledge about your organization’s culture and unspoken rules that can be critical for success and therefore adapting more quickly to your organization’s culture.
- Having a friendly ear with which to share frustrations as well as successes.
MENTORSHIP

A mentor will help you with:

- Your licensure with NBDS in Fredericton (506) 452-8575
- Professional work ethic
- Attend meetings together
- Promote the local meetings
- Interpersonal relationships at work
- Any legal matters are to be referred to the registrar, Dan Léger at NBDS
- General personal matters at work
- Make sure you understand by-law 17 when working with a self initiated dental hygienist

Would you like to become a mentor?

Qualifications to become a mentor is:

- 3 to 5 years of experience as a dental assistant
- Mentors are not experts but can direct the mentorees in the right direction.