



MINDFUL MENTORING

Establishing Your Partnership

What should I be doing to build the most effective partnership?

The first few sessions of a mentoring partnership can sometimes feel a bit awkward. It helps to be intentional about your meetings and find your cadence for connecting. Know that it can take time to build trust with someone new, but if you and your partner stay focused on sharing openly, being honest and vulnerable, the seed of trust will grow quickly.

MINDFUL PRACTICES

- Meet more frequently in the beginning to develop a relationship more quickly.
- To the level you are comfortable, share some personal information to find connections or different perspectives from each other.
- Mentees, send agendas in advance so you can plan what you want to cover, and your mentor can prepare.
- Start each meeting by reconnecting with each other. Check in with each other regarding what has happened since you last met.

“Trust is earned in the smallest of moments. It is earned not through heroic deeds, or even highly visible actions, but through paying attention, listening, and gestures of genuine care and connection.” – Brené Brown

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