



# FIVE

## Mentor Resources

### How to enhance your mentee/mentor relationship?

*FIVE mentors and staff have put together a list of tips and strategies that can be used to improve mentee engagement and build out an incredible foundation for the mentoring relationship.*

#### Tips:

1. Every relationship looks different and there is no set trajectory for your mentor relationship, so be open, be flexible, and be easy on yourself, this is a learning process.
2. Zoom sessions are incredibly rewarding and when some of the best interactions happen- so make sure to have them monthly!
3. Consistency is key! We are all busy and sometimes it's hard to find the time but even small weekly texts to your mentees, like "hope your week is going well!" can make all the difference.
4. Allow time and space to have fun and be light hearted- talking about everyday activities like TV and sports is a great way to find common ground and learn more about your mentee.

#### Techniques:

##### Try these activities out with your mentee!

- Play some fun icebreaker games to get to know each other
- Check out the content in the FIVE app and ask your mentee their thoughts
- Share a weekly quote that inspires you
- Choose a book to both read and discuss
- Watch a ted talk or documentary on a topic you're both interested in
- Share a photo of your pet or family
- Invite a colleague or friend to your zoom call to share about their career
- Pick a recipe that you both cook
- Create digital vision boards together
- Give yourselves a goal to accomplish each month (ie research each other's hometowns, try meditating)