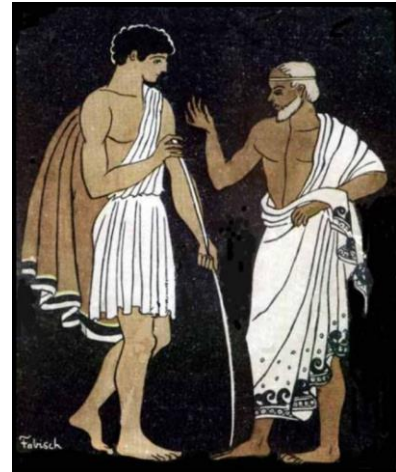


Reciprocal Mentoring Project

..... a quick overview of the proposed project

by Dr Lucy Wictome

Where does the word “Mentoring” come from ?



Some famous mentors ...







*"Mentoring is a
brain to pick,
an ear to listen
and a push in the
right direction"*

John C. Crosby

What is the mentoring cycle ?



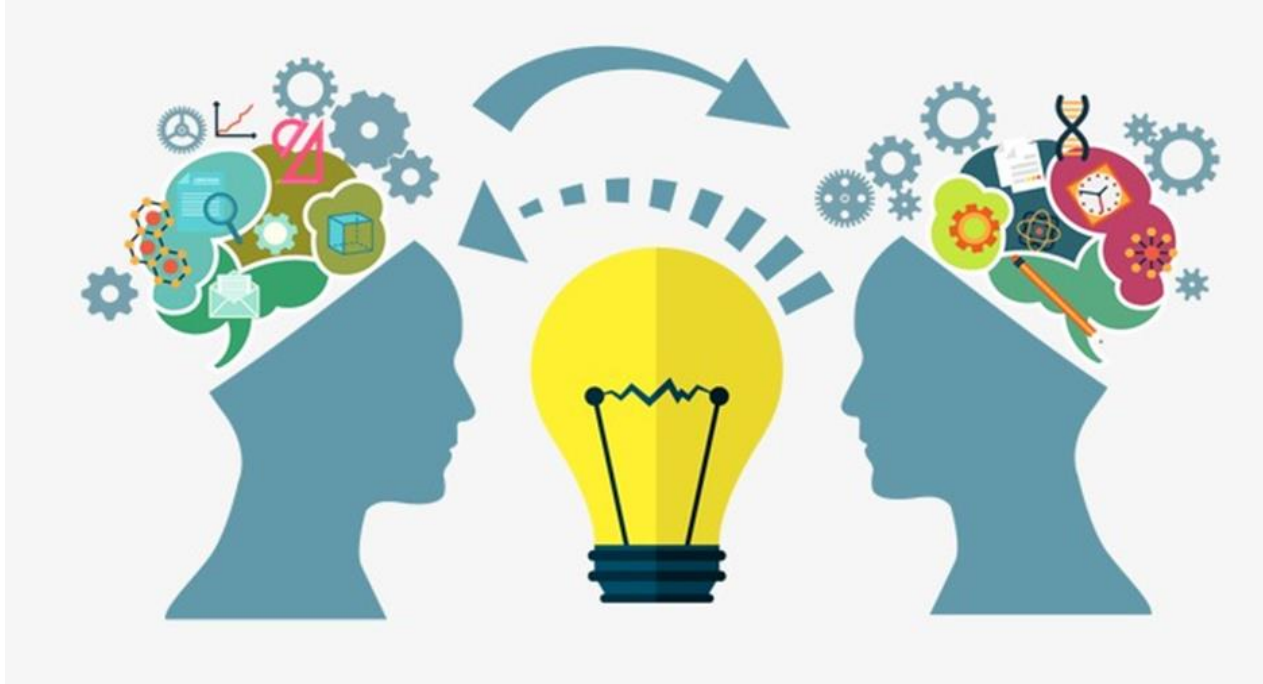
Different types of mentoring ?





What does reciprocal mentoring mean and what does it look like?

What's in it for me ? What are the benefits ?



The proposed HEE NW Project :

- Asking for 20 volunteers from the new IMG ST1's
- Start will be beginning of February – link to a DA Champion
- Receive guidance and training on being BOTH mentor and mentee
- Individual pairings will arrange meetings – likely virtual
- No fixed rules but perhaps every 2 to 3 months
- Running for 12 months and evaluations

There are other support programmes available

RCGP Mentor Support Programme



- <https://www.rcgp.org.uk/training-exams/practice/rcgp-mentoring/finding-a-mentor.aspx>

So if you are interested in taking part please email

gpsupport.nw@hee.nhs.uk

Thank you for listening and any questions ?