

Wessex Peer Mentoring Scheme

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What is mentoring?

- *“the process by which an experienced, highly regarded, empathic person (the mentor) guides another individual (the mentee) in the development and re-examination of their own ideas, learning, and personal and professional development”*

Standing Committee on Postgraduate Medical and Dental Education (1998). ‘Supporting doctors and dentists at work: an enquiry into mentoring’, London.

What else is mentoring?

- Something that can lead to:
 - increased job satisfaction
 - a feeling of being valued
 - enhanced problem solving and other transferable skills
 - increased achievement / earning
- A great form of support from people who have been through it before
- Particularly beneficial in periods of transition
- An RCPCH curriculum requirement!

What it isn't

- Educational supervision
- Remedial support for trainees in difficulty
- Professional counselling

What we plan to offer

- A voluntary, deanery-wide mentoring scheme
- Identification of interested mentors and mentees
 - Mentees – Level 1 trainees
 - Mentors – Level 2 and 3 trainees
- Training for mentors (initial and ongoing)
- Matching process – based on mentee choice
- Ongoing support for all participants
- Referral pathway for concerns
- A link with the RCPCH mentoring network

Further information and how to get involved!

- We will be sending an email soon asking for interested participants
 - Please respond as soon as you can!
- For further information, email:

wessexmentors@gmail.com