**Enhancing clinical or non-clinical skills**

• **Shadowing opportunities**: Arrange for mentees to observe mentors or peers in specific areas of expertise such as surgical techniques, patient behaviour management, interprofessional collaboration, digital dentistry, public speaking, or health advocacy. Shadowing can also include non-clinical environments like academic settings, corporate offices, or public health agencies.

• **Case study reviews**: Analyse real-life cases or scenarios with mentors to improve clinical decision-making or management strategies. Case discussions can be expanded to include ethical dilemmas, treatment planning for patients with complex medical histories, or managing burnout and stress in professional practice.

• **Skill workshops**: Attend or host workshops focusing on technical or non-clinical skills such as periodontal instrumentation, local anesthesia techniques, ergonomics, financial management, business planning, practice management, motivational interviewing, or conflict resolution.

• **Simulation exercises**: Engage in role-playing or simulation-based activities to practice clinical scenarios, ethical decision-making, or team collaboration. Simulations can include mock interviews for job readiness, managing a medical emergency in the clinic, or presenting research findings to a professional audience.

• **Online courses and certifications**: Enrol in short online courses to build skills in areas like digital marketing, data analysis, public health, health informatics, leadership, or research methods. Free and paid options are available through platforms like Coursera, edX, and dental professional associations.

• **Professional networking and communities of practice**: Participate in study clubs, professional forums, or online communities that support ongoing learning. These groups are valuable for sharing resources, discussing complex cases, or staying updated on innovations in the field.

• **Volunteering in new settings**: Offer services in community clinics, mobile dental units, or interprofessional outreach programs. These experiences build adaptability, communication, and public health awareness while strengthening clinical and leadership skills.

• **Conference participation and speaking opportunities**: Attend or present at conferences to enhance knowledge, visibility, and presentation skills. Speaking engagements also build confidence and credibility in your area of interest.

• **Self-directed projects**: Create your own learning opportunities by starting a blog, developing patient education materials, launching a research project, or designing a workshop. These projects can be shared with colleagues or added to a professional portfolio.