

These comments were collected at Janice Tufte's 'Beehive' at #CenterCare24 October 16th 4:15 PM

**Are you a mentor? Share!**

1. Alameda County Oakland CA (Camden Coalition)
2. Yes, I am a mentor through the Career Center at Boston College. They pair up juniors and seniors in college with alumni working in the student's area of interest. As a nurse practitioner I am paired with a pre-Med student with the health care focus (Nurse Practitioner)
3. Yes, I mentor three teenagers. Two are in a CMA pathways program. I am an expert coach for both students. Inside and out outside the school system. Daily check-ins and conversations, needed support, I am there when they call. One teenager is a youth ambassador that now calls me mom as he comes to me for advice and guidance (Camden NJ)

**Where have you mentored? Or have been a mentee?**

1. Westchester, Putnam city New York, Tampa and Sun city center FL. (NAMI, Board Member)
2. Community Healthcare for the Homeless National Coalition for the Homeless (OHIO)

**What is needed for effective mentorship?**

1. Empathy, mercy, listening, evaluating the context of the learner's life experiences (DSHS)
2. Movement and dedication (Cooper University)
3. Trust shared experiences and honesty (Oakland CA)
4. Scheduled time between mentor and mentee with regular frequency depending on goals (biweekly, monthly), Clear goals of what the mentee expects to gain from the mentorship, effective pairing between mentor and mentee based on experiences or what mentee wants to learn or gain from the relationship specialty etc. (Nurse Practitioner)
5. Effective mentorship requires open communication, transparency, honesty, active listening, skills, subject matter knowledge, relationship building, passion, empathy (Healthy Start- Pitt, PA)
6. Effective mentorship offers; guidance, support, safe space to share your thoughts, at first there's hand holding, teach back model (IPRO)

**What are the qualities of a mentor?**

1. Listening to understand life experiences and kindness (innovative care)
2. Great advocate, unconditional positivity required and kindness (NCAB HCHN III)
3. Being responsive and accessible, good listener, able to translate their life lessons in a way that is meaningful to the mentee's circumstances, heart centered, recognize that they don't know a lot, humility
4. Meeting a person where they are at, and being non-judgmental (the miracles club)
5. Patient/patience, translator, connector, synthesizer of information, able to build person up (Camden)
6. Availability, willingness to share transparently, good listener, ask good questions, interest in developing others, able to give feedback that is actionable, engaging and consistent basics
7. 'Honestest', transparency, compassion, commitment (IMPOWR)

**Are you seeking a mentor? Why?**

1. Yes. I would like to turn my expertise into a marketable resource. I have lived experience as well as degrees. (\*responding to this individual)
2. I appreciate this question as it is not one, I have thought to ask myself. Yes, I am aware of barriers to my advancing ideas and thoughts which I believe would better myself and the systems I am a part of (CHW VT)