

## A mentor's readiness checklist before taking on a new mentee

Based on: Zachary, L. J. (2000) *The Mentor's Guide*, p. 92

**Review the list below and check all items that apply to you with respect to your prospective mentoring relationship.**

1. I have a sincere interest in helping this person succeed.
2. There appears to be mutual interest and compatibility.
3. Our assumptions about the process are congruent.
4. I am aware of the benefits and the potential risks in this mentorship.
5. I understand my role clearly.
6. I am emotionally healthy and have adequate energy to invest in this new mentoring relationship in a dependable way.
7. I am the right person to help the mentee achieve the suggested goals for this mentorship.
8. I can enthusiastically engage in helping this person.
9. I am willing to use my network of contacts to help this person.
10. I can commit adequate time to mentor this person.
11. My supervisor has given me permission and time to mentor this person.
12. I have established contact with the mentee's supervisor.
13. I have access / I can get access to opportunities that will support the mentee's learning and professional development.
14. I have the support that I need to be able to engage in this mentoring relationship in a meaningful way.
15. I am committed to developing my own mentoring skills.