



Purposes of Mentoring

The Purposes of Mentoring may be to:

- Assist someone new in post
- Assist someone who has a new aspect to their existing work role
- Empower the mentee
- Enable the mentee to find their own way through a situation
- Be a sounding board
- Offer information (but not advice)
- Provide access to knowledge, situations or networks
- Question or challenge when appropriate

The aim should always be to enable the mentee to develop their own skills, strategies and capability so that they are enabled to tackle the next hurdle more effectively with or without the mentor’s presence.

Benefits of Mentoring

There are many benefits of a Good Mentoring Relationship both for the mentee and the mentor. Some of the benefits for the mentee might be:

- Increased confidence
- Realise and develop your potential
- Having an independent listener
- Someone who understands your needs
- A confidential, trusting and equal relationship
- Increased self awareness
- Better employability
- A way to take more control of your life
- A chance to explore the things you like to do and are good at
- Understanding the way organisations work
- Strategies to overcome setbacks and obstacles
- Help to identify and set small achievable steps towards achieving your goals

The Benefits of a Good Mentoring Relationship for Mentors might be:

- A personal development opportunity
- Experience of a new set of people and circumstances
- An opportunity for professional development to build on existing skills and knowledge
- The reward and satisfaction of enabling people to make positive changes and informed choices
- The chance of meeting and sharing experiences with fellow mentors
- An increase in self-esteem, confidence and self-awareness
- A way of enhancing career opportunities
- Access to training
- An understanding of the issues facing other people
- Create a new and exciting challenge

Centre for Lifelong Learning

Westwood Campus, The University of Warwick, Coventry, CV4 7AL, United Kingdom



Courses

- [Gateway](#)
- [Undergraduate](#)
- [Professional development](#)
- [Postgraduate](#)
- [Research](#)
- [Short courses](#)
- [Full course list](#)

Applying to study

- [Where do I start?](#)
- [What's it like to study here?](#)
- [How do I apply for a course?](#)
- [Student funding](#)
- [Entry requirements](#)
- [Ask us a question](#)

Quick links

- [Current Student Resources](#)
- [Staff list](#)
- [News](#)
- [CLL Staff Portal](#)
- [Warwick Staff Portal](#)