

For mentors

Mentoring rules of engagement



Thank you for becoming a mentor

To make the most out of mentoring, we kindly ask you to follow these guidelines:

> **Be respectful and professional**

Our clients vary from Service leavers and veterans to reservists and military spouses. We trust you will treat your mentee with respect, and maintain a professional attitude during all interactions.

> **Empathy and understanding**

Be open-minded and empathetic towards the mentee's experiences and challenges. Create a safe space for them to express themselves without judgment.

> **Stay in touch**

We suggest having 6 to 8 sessions to make the most of this experience. However, this is not set in stone, and you and your mentee can determine what works best for you both.

> **Commitment and punctuality**

Be committed to the process and try to be on time for scheduled meetings or sessions. Please communicate with your mentee should you need to reschedule sessions.

➤ **Feedback is invaluable**

We strongly encourage providing feedback as it plays a crucial role in helping us measure the impact of mentoring and make continuous improvements. We ask that you respond to feedback requests in a timely manner.

➤ **Maintain confidentiality**

Respect the confidentiality of the mentee's personal and professional information. Avoid sharing any sensitive details with others without explicit permission.

➤ **Handling conflicts**

If any issues arise during your mentoring relationship that you don't feel you can discuss directly with your mentee please reach out to us at mentor@forcesemployment.org.uk

➤ **Ending your mentoring relationship**

When your mentoring relationship has come to an end, please confirm this with your mentee and be sure to mark the relationship as ended via MyForcesEmployment.

Your dedication to guiding others makes our community a nurturing space for growth and learning. We value your contribution and look forward to witnessing the positive impact you'll make on the lives of our mentees.



Start your mentoring journey today
by logging in to MyForcesEmployment

mentor@forcesemployment.org.uk