

# Career Directions

## Tips for Being a Mentor

### Being a Mentor—Can I Help?

If you feel that you will grow through helping others to develop, you are ready to consider being a mentor. Mentoring gives you an opportunity to contribute to your profession and/or society by developing others and helping them expand their networks. You can be a mentor in a formal program or informally. For informal mentorship, pay attention to colleagues who you think could benefit from support, and start offering your help. Take a less experienced colleague with you to attend a board or committee meeting. Nominate a colleague who is ready for advancement for a leadership position and offer coaching and support along the way. Or write an article with a less experienced colleague or support someone who wants to publish a paper. It doesn't take much more than the desire to develop and sustain your own leadership skills while helping someone else develop their skills.

**If you would like to be a part of the Formal RPNAO Mentorship Program, where you will be able to find or be a mentor and learn about how to have a successful mentoring relationship go to:**

- [www.rpnao.org/mentorship/home](http://www.rpnao.org/mentorship/home)