

Benefits of being a Mentee

1. Gain practical advice, encouragement and support -Receiving wisdom and advice: Although the 21st century provides us with endless knowledge via the internet – the ability to learn from, and get tailored advice from professionals via mentoring, cannot be replicated. The mentor will be able to have discussions with you, showing you perspectives other than your own. This personalized advice will allow you to grow, opening you up to new ideas and paths. Becoming mentee will help you learn from the experiences of others.
2. Knowledge and contacts: Your mentor will have detailed knowledge of their industry, as well as a network of personal contacts. Networking is vital for any professional and it takes years to establish these contacts. Mentoring provides you with this personal introduction to important people very early on in your journey.
3. Intellectual stimulation and direction: Your mentor will help you clarify career goals and course of direction. From the many lessons they have learned along their journey, they have a realistic understanding of their respective fields. Conversation with your mentor can inspire you further and also help you narrow your focus and maximize your potential.
4. Professional preparation: Your mentor can give you an insight into the professional world in ways such as, arranging placements or participating in meetings in the work place. Even just being in a professional atmosphere will have many benefits. It will allow you to get an insight into an organizations culture and systems. Allowing you to pick up on the many unwritten rules of the work place.
5. Personal growth: One of the most important parts of mentoring is reflecting! Your mentor will get to know you and be able to provide you with vital feedback. This will not just increase your confidence, but will lead to personal growth – which will inevitably lead to an improved performance in your future roles.
6. Increase your social and academic confidence
7. Become more empowered to make decisions
8. Develop your communication, study and personal skills
9. Develop strategies for dealing with both personal and academic issues
10. Identify goals and establish a sense of direction
11. Gain valuable insight into the next stage of your university career
12. Make new friends across year groups
13. Being mentored by a season professional in your field of work is a valuable opportunity for development. Not only does it help you score better professionally, it also gives you some rare insights into the field you're in, that you otherwise wouldn't have had access to.
14. Being a mentee exposes you to a new point of view, forcing you to think outside the box and explore new ideas. This is an invaluable asset that can help you hone your skills and grow comprehensively as an all-rounder.
15. As a mentee, you find that your confidence levels are higher than what they used to be when you had nobody to turn to for guidance. You also find that you're eager to perform better, so

your mentor can be proud of you. There's more scope for motivation, and this encourages you to give your best round the clock.

16. If you thought being a [mentee](#) was beneficial, you'll be glad to find out that having a mentee is a fruitful pursuit as well.
17. Having a mentee encourages knowledge-sharing. The mentor gets to share and pass on all that they've learned, thus making it possible for the best skills to be left behind and passed on from one tier to the next. It is also beneficial to the segment of society that the mentor and the mentee belong to because the organization stands to benefit as well.
18. A mentor is typically a senior person, meaning that in all probability, they have probably accomplished their own goals already. With a mentee, the mentor finds a sense of purpose once more and finds something to work toward after they've fulfilled their own missions.
19. Akin to how the mentor opens up new perspectives for the mentee, the mentor also learns to look at things from the perspective of the mentee. Thus, having a mentee exposes the mentor to fresh ideas and approaches. This is beneficial to the mentor because it keeps their brains active and allows them to continue the lifelong process of learning.

Benefits of being a Mentor

1. Reminds you how to listen
2. A mentorship is a two-way relationship. This means that both the mentee and the mentor will develop better listening skills. Of course the mentee needs to listen to the advice of their mentor, but the mentor also needs to be able to lend an understanding ear to the mentee when they're struggling.
3. More loyalty
4. A mentorship program shows that your company really cares about its employees. This can help aid employee retention and encourage a sense of loyalty to the business.
5. Encourages growth
6. When a mentor encourages a mentee, they'll be more motivated to challenge themselves and learn. With a little help and a boost of confidence, they'll be more likely to take different opportunities for growth.
7. Practice accepting feedback
8. Accepting constructive criticism as serious advice rather than taking it personally is a part of growing up. When you're in a mentoring relationship, learning how to accept this type of feedback is one of the most important lessons a mentee can learn.
9. Increased visibility in the company
10. When a more junior employee is paired with someone more experienced, their network is expanded. They have increased visibility with a tier of the business that they may not have had access to otherwise.
11. Boosts communication skills
12. Interpersonal relationship skills are strengthened for both the mentor and mentee in a mentoring partnership. Learning how to communicate clearly and effectively can be a challenge

on both ends. A mentee needs to learn how to ask questions and gain confidence to share ideas. A mentor may need to learn how to explain things in a different way that makes it accessible to the mentee.

13. Reflect on practice
14. When you're a mentor explaining your work to a mentee, it can also help you reflect on your own practice. Do you follow your own advice? It can sometimes be a challenge. When you're stepping into someone else's shoes to make sure they understand your explanation, it can make you take a pause to evaluate your own work practices.
15. Sharing your knowledge can boost your confidence
16. When you explain your work to someone who is at the beginning of their career, it can be a refreshing boost of confidence. We often forget how much we learn over the years, and when you need to break it down for someone it can be a reminder of all the work you've put it.
17. Enhances job satisfaction
18. Being a mentor can make you feel like you're giving back and making a difference in someone's life. This can in turn make you feel greater job satisfaction. When you feel a sense of responsibility for someone else, your day-to-day job takes on a sense of a greater purpose.
19. Fosters leadership skills
20. When you're a mentor you will naturally strengthen your leadership skills. You're giving advice, listening to their challenges, and helping them through projects. Through giving advice to someone else, you'll be growing your own leadership skills too.
21. Sense of stability
22. As a junior employee, it can feel intimidating to be at a new work place or part of a new team. A mentor can offer a sense of stability. You can always go to your mentor when you need advice or a review of your work. Of course, the most obvious benefit for a mentee is a better understanding of the job. This will boost your confidence and lead to a feeling of inclusion at work.
23. Improve communication and personal skills.- At first it may seem you're doing most of the giving as a mentor. All those tips you're sharing, and patiently walking through possible solutions to problems the mentee is facing.
24. But if you do a good job (and are fortunate), your contributions may pay you dividends. Your mentee might want to work for you and show gratitude by way of devotion – at some point. Or they introduce you to other younger employees who might serve as a future talent pool. Another possibility: should the mentee achieve great success over time, they could publicly cite you as an early influence.
25. Develop leadership and management qualities - Being a mentor sets you up as a role model. Mentees will watch you carefully for cues of all kinds. How you articulate your thoughts. What you choose to share or withhold. Evidence of your decision-making processes.
26. That should encourage you to behave as a leader even if you aren't yet one officially. Then you can refer to this when applying for internal promotions or external postings that require some managerial experience
27. Reinforce your own study skills and knowledge of your subject(s)

28. Increase your confidence and motivation - Opening doors for junior staff is another important function of mentoring. You can introduce mentees to others in the organization who might otherwise be inaccessible. This cross-pollination makes it more likely the mentee will find growth within the employer.
29. Engage in a volunteering opportunity, valued by employers or Employers need experienced workers who can transfer their knowledge effectively.
30. Enhance your CV
31. Increase your circle of friends
32. Gain recognition for your skills and experience
33. Benefit from a sense of fulfillment and personal growth by learning new things.
34. Younger employees have different skill sets and areas of knowledge. Their vocabulary may contain more contemporary terms and phrases. They hang out in places you're too archaic to visit without being self-conscious.
35. There's a possibility that at some point, a younger generation can teach you about using technology and social media in ways you may not have thought of.