DEVELOPING POSITIVE RELATIONSHIPS THROUGH NETWORKING AND MENTORING

Presented by Lori Reesor, Ph.D.
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• Your expectations

• Networking

• Enhancing the mentoring process

• Being a good mentor
Definition of Networking

“A group of people who exchange information, contacts and experiences for professional or social purposes”
Tips for Networking

Extroverts vs introverts

Entrance in a room

Verbal and nonverbal communication

Discussion topics (taboo vs. appropriate)

Business cards

Follow-up
Personal Reflection Exercise
Mentoring

• Definition: A more experienced professional who guides, advises, and assists a protégé in a professionally centered relationship
Advantage of Mentoring
My Mentoring Board of Directors

Ken Stoner
Larry Ebbers
Prakash Mathew
Pat Long
Kathryn Nemeth Tuttle
Tom DiLorenzo
Randi Schneider
David Ambler
Marilyn Amey
Sheryl Riney
Ron Kopita
Dan Robinson
Christine Schneikart-Luebbe
Tony Ross
Shannon Ellis
Vicki Triponey
James Rhatigan
Carl Jardine
Sally Ramage
Kevin Kruger
Margi Healy
Kent Hopkins
Mentoring Life Cycle

**Stage 1:** Set expectations. Establish foundation for successful mentoring relationship.

**Stage 2:** Agree on expectations. Set working agreements.

**Stage 3:** Work towards accomplishing learning goals.

**Stage 4:** Focus on closing formal relationship. Redefine relationship moving forward.
Tips on Finding a Mentor

Ask Yourself:
What do you want from a mentor?

What kind of help do you need?
- Assistance
- Support
- Advice
- Help
- Guidance

Cross race/ethnicity/gender/diversity relationships
Making the Most of your Mentor

Needs

Expectations
Feedback from mentees

- Speed dating
- Do your homework
- Vulnerability
Being a Good Mentor
Being a Good Mentor

Reflection

Active Listening

Feedback
References
Closing Advice

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” -- Ralph Waldo Emerson