

Effective Mentoring Relationships

- What is mentoring?
 - Formal & Informal
- Mentor Relationship Pros & Challenges
- OCEAN/ The Big Five
 - **O**penness
 - **C**onscientiousness
 - **E**xtraversion
 - **A**greeableness
 - **N**euroticism (Emotional Stability)
- Mentoring vs. Coaching
- Effective Relationships Diagram

Effective Mentor Relationships

