

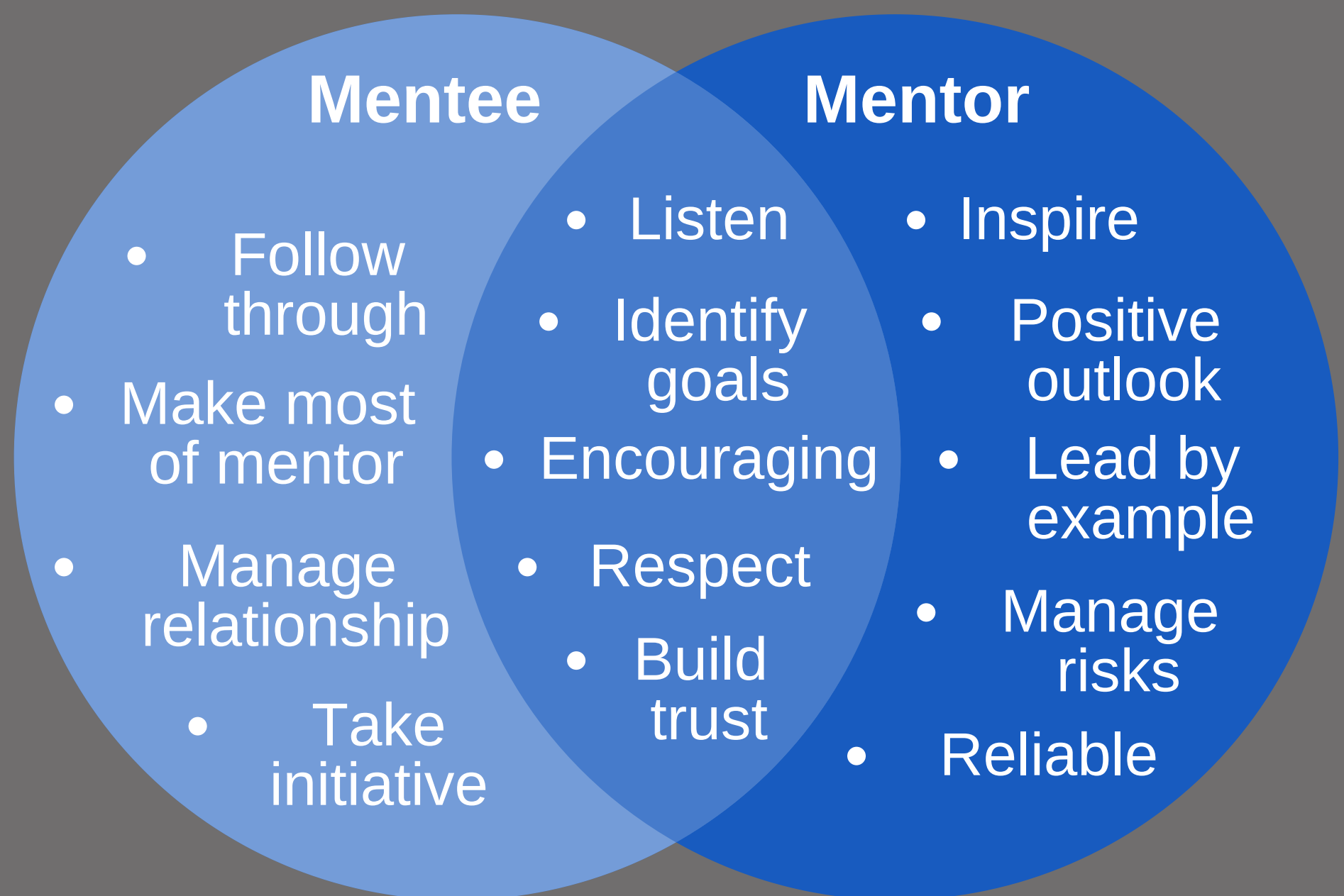
OMP Guidelines:

How to Build a Successful Mentoring Relationship

Tip: Mentors are not...

- A parent
- All knowing
- A tutor
- A therapist
- A coach
- A disciplinarian

Mentoring Skills



OMP Race Plan



Mentoring Building Blocks

Tip: How to Communicate

- | Listen | Speak |
|--|--|
| <ul style="list-style-type: none">• Active listening• Listen more than speak• Listen to non-verbal cues• Be attentive | <ul style="list-style-type: none">• Paraphrase to show understanding• Ask open-ended questions• Avoid judgment |