

The background features several overlapping, tilted rectangular shapes in purple, blue, orange, and green. These shapes are decorated with a repeating pattern of small, light-colored circular icons. The icons include a smartphone with a gear, a hand holding a pencil, a hand holding a magnifying glass, a hand holding a lightbulb, a hand holding a gear, a hand holding a smartphone, a hand holding a magnifying glass, a hand holding a lightbulb, a hand holding a gear, a hand holding a smartphone, a hand holding a magnifying glass, a hand holding a lightbulb, and a hand holding a gear.

# BCNET<sup>→</sup>2019

## Breaking Down Barriers in Your Mentoring Relationship

 **#BCNET2019**

# Introductions

## Session Speakers

- Nav Bassi – UVIC
- Chandra Beaveridge - UVIC
- Mark Roman - SFU
- Sandeep Sidhu - SFU

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How do you define mentoring and what mentoring means to you?



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What is your process in establishing roles and responsibilities in a mentoring relationship?

How do you encourage self-motivation and avoid over-reliance of a mentor's abilities and resources?

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What are your suggestions for maintaining momentum in a mentoring relationship?



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How would you suggest going about ending a mentoring relationship or moving forward beyond the formalities of the mentor/mentee roles?

# Q&A

