Rules of the Mentoring Relationship

1. Our mentoring relationship is confidential both during and after the formal relationship has finished.
2. The mentor will only discuss the mentee with others with the mentee’s consent (unless there is a health and safety issue involved, in which case the mentor will advise the mentee of the imminent disclosure).
3. We will only use the others’ names or authority with previous consent.
4. We will be honest with each other, and non-judgemental. We will be polite and respect each other, even when our opinions differ.
5. We will only enquire about each other’s personal life by invitation.
6. We will not make excessive demands on each other’s time.
7. The mentor will assist the mentee in achieving objectives, but will let the mentee do things for him/herself as much as possible.
8. We can end the relationship at any time following discussion with each other. We will advise the VALIDATE Network Manager of any breakdown of the mentoring relationship.
9. We will agree an action plan at the end of each meeting and monitor progress at the next meeting.
10. We will meet XX times at mutually agreed venues and communicate with each other as and when necessary (within reason) by telephone or email. We will respond to emails promptly, and turn up to meetings on time. Once a meeting date is agreed we will notify each other if we cannot attend for any reason.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Mentor) Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Mentee) Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_