

## Role of a Mentor

ISOQOL supports our members by facilitating the matching of mentors and mentees and providing an opportunity for them to meet – this year virtually – near the Annual Conference dates. Mentor/mentee matching helps new members navigate the society’s diverse network, supports the development of meaningful professional connections, and helps advance the HRQL field as a whole.

**What is a mentor?** – Mentors are individuals established in their field, and are typically long-time members of ISOQOL. They provide guidance to mentees with the overall objective of making a positive impact on their development as professionals. The typical ISOQOL mentor is someone who is passionate about sharing advice and knowledge. Mentors often help mentees define their professional goals and can then serve as an accountability partner to help the mentee meet those goals.

- **Pre-Conference Connections:** Before the Virtual 28th Annual Conference, all mentor/mentee pairs will be connected via email by the ISOQOL Office to e-meet one another informally and share contact information. Mentors and mentees are encouraged to communicate over email prior to the virtual meet-up in October.
- **Mentor/Mentee One-On-One Meetings:** Unique to 2021, ISOQOL is providing a virtual videoconferencing platform for each mentor/mentee pair or group to meet face-to-face through their computer screens. The platform is available anytime 12-28 October, however if those dates are not suitable for the pair you may use another videoconferencing platform available to you. During your pre-conference communications, ask your mentee for their availability while keeping in mind your different time zones.
  - This one-on-one meeting will foster relationships, where individuals share their work, career ambitions, and questions about the trade.

As a mentor, we ask that you:

- Reach out to your Mentee(s) to set up your one-on-one meetings.
  - We ask that you share your background and professional and personal experiences with the mentee to open the dialogue. Know that the mentees have been asked to prepare a few questions prior to the virtual one-on-one meeting. We also encourage you to discuss briefly the professional and personal impact that you have experienced as a member of ISOQOL; share opportunities for involvement in SIGs and on committees.
- **After the Conference:** ISOQOL’s formal involvement in your mentoring relationship ends after providing the connection and virtual platform. We understand that many mentors have workloads that make it challenging to continue a relationship post-conference. However, your mentoring relationship need not be limited to this reception. You may wish to find an additional time to connect with your mentee following the Annual Conference. Communicate with your mentee about what you would like to do.

Thank you for considering giving your time and expertise to this program. We hope that you find mentoring a very rewarding experience.