

Role of a Mentor

ISOQOL supports our members by facilitating the matching of mentors and mentees and providing an opportunity for them to meet in person at the Annual Conference. 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 Mentor/Mentee Reception at the Annual Conference, all mentor/mentee pairs will be connected via email by the ISOQOL Office to informally “e-meet” one another. Mentors and mentees are encouraged to connect several times by phone or email before meeting face-to-face at the conference.
- **The Mentor/Mentee Reception:** Every year at the Annual Conference, ISOQOL hosts the Mentor/Mentee Reception for mentors and mentees to come together and connect face-to-face. Relationships are fostered at this event, where individuals share their work, career ambitions, and questions about the trade.

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 reception. 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 the Mentor/Mentee Reception. 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 at the Annual Conference: opportunities include meeting for coffee or lunch, or touring the digital poster hall together. 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.