

MENTEE COMMITMENTS TO MENTORS

- Time
- Personal accountability and preparation
- Personal commitment
- Stepping out of comfort zones
- Keeping an open mind
- Accept how others view us
- Be honest to the process
- Look to the future
- Work on making difficult changes
- Get others involved in the process (support)

MENTOR COMMITMENTS TO MENTEES

- Keeping it about the mentee
- Time
- Whatever is necessary
- Course correction
- Focus on accountability to process
- Honesty
- Respecting the mentee's individuality
- Fostering the mentee's trust
- Listen
- Keep it positive
- Provide encouragement