



# Mentor Exchange

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### **1. What is Mentoring?**

Mentorship can be defined as a developmental relationship between a more experienced mentor and a less experienced mentee focused on enhancing the mentee's growth and skill development.

### **2. Are there benefits to mentoring?**

Mentoring Relationships have many benefits for both the mentor and the mentee:

#### Benefits for Mentors

- Share your expertise
- Help develop a new practitioner
- Act as a catalyst
- Share the path to how you got where you are today
- Develop a lifelong relationship

#### Benefits for Mentees

- Learn from successful pharmacists in your area of interest
- The ability to bounce ideas off of someone who has more experience
- Guidance when looking to make important career choices

### **3. Do I have to be a member of ASHP?**

Yes, you must be a member of ASHP to take advantage of this service. Join ASHP Today!

#### **4. How can I become a mentor?**

Click on "Be A Mentor" and complete the mentor profile [please note you will be prompted to login to the ASHP website]. Once you have completed this step your profile will be active and available for members to view. If you are selected to be someone's mentor you will receive an automated email. This email will provide you the name and email of the person who is asking you to be their mentor. You have the choice to "accept" or "reject" this mentoring relationship. Once you have accepted the mentoring relationship you will be responsible for contacting your mentee to begin the mentoring process. ASHP will officially recognize the mentoring relationship for six months, after which you can renew this relationship.

#### **5. How can I become a mentee?**

Click on "Get A Mentor" and complete your mentee profile [please note you will be prompted to login to the ASHP website]. Once you have completed this step your profile will be active and you will be able to browse and choose from a list of available mentors. You will also be able to read about their career paths and practice interest areas. Once you have selected a potential mentor, the system will automatically send an email to that potential mentor alerting them of your request to establish a mentoring relationship.

#### **6. How can I find a mentor?**

Once you have signed up to use the MentorExchange, you can search and browse the list of available ASHP mentors by going to "Get A Mentor". View their profiles and read about their career paths and practice interest areas. Selected the person who you want to mentor you and the system will automatically send an email to that potential mentor alerting them of your request to establish a mentoring relationship. They will either approve or reject this request and you can begin your mentoring relationship.

#### **7. What do I do if my request for a mentor was rejected?**

If your request is rejected, then search for a new potential mentor. Please note a mentor may reject a request for various reasons (work commitments, they might already have an established mentoring relationship, etc) but they are committed to participating in this program- so don't be discouraged.

#### **8. How long is the mentoring relationship?**

ASHP will officially recognize the mentoring relationship for six months, after which you can renew this relationship.

## **9. What can I do with my Mentor or Mentee?**

- Communicate via email and on the phone.
  - Discuss goals, plans, career path, experiences
- Meet face to face (if possible)
  - Attend a local meeting/conference
  - At an ASHP event (ie Midyear Clinical Meeting, Summer Meeting)
- Introduce your mentee to other people that can be of help to your mentee.

## **10. Is the Mentor Exchange Free?**

Yes, the Mentor Exchange is a free member benefit to all ASHP members.