

Alan Alda Center for Communicating Science®



AT STONY BROOK UNIVERSITY

Engaging and Navigating Successful Mentoring Relationships

June 20th, 12-4 pm

In this workshop you will explore concepts and skills that you can use to initiate and navigate successful mentoring relationships for professional development and career growth. Current insight from research and practice has determined best practices that make mentoring relationships more effective from the standpoint of a mentor. This 3 hour, in person workshop, geared toward early career teaching/clinical- and research-intensive faculty from UCONN School of Dental Medicine will cover the various functions of a mentor and the benefit of effective mentoring for professional development and career growth. Participants will explore thoughts, suggestions and skill sets that they can use to self-initiate and navigate successful mentoring relationships. Through a series of exercises participants will learn how to advocate for themselves and navigate difficult conversations and power dynamics. They will practice effective communication through active listening, and learn to align expectations of engagement such as time, resources, and availability. They will be introduced to negotiation and how to identify opportunities to use negotiation skills.

Workshop Agenda:

Introduction

In this discussion-based introduction, participants will review research that informs best practices around creating mentoring relationships and reflect on their own experiences and attitudes about being mentored.

Initiating a Mentoring Relationship

Through experiential exercises and reflection, participants will articulate their vision for an ideal mentor and develop skills to initiate conversations with potential mentors. Participants will learn through role play and experiential exercises to initiate and foster a mentoring relationship.

Self-Advocacy and Negotiating in the Mentoring Relationship

In this section, participants will explore thoughts, suggestions and skill sets (negotiation, self-advocacy, listening) that they can use to navigate successful mentoring relationships. Once mentors have been identified, the work of negotiating for time, resources, and availability happens. This final section of the workshop contains more experiential exercises and reflection to build skills in listening and integrative negotiation applied to strengthening nascent mentoring relationships.

Closing Discussion