

Here are just a few feedback comments our Mentors have received back from Mentees:

- Helped me to focus on creating goals and career plans
- Encouraged me to have a positive attitude
- Improved my confidence, prioritising and planning
- Improved my interpersonal skills
- Increased my knowledge and technical skills
- Changed my perception of issues
- Helped me to explore new ideas
- Allowed me to independently talk through issues
- Helped me see things from a different perspective
- Helped me feel able to cope

Remember, EVERYTHING is Personal to the Mentee and their issues