

Men·tor: n. an experienced and trusted advisor or guide. v.t.r act as a mentor to (a person).

~ Canadian Oxford Dictionary

Information for CPRS Members who are interested in having a Mentor

CPRS Hamilton Mentorship Program

The CPRS Hamilton Mentorship Program provides quality programming and support and has been designed to nurture and grow our profession by matching senior practitioners with intermediate and junior practitioners and PR students. These relationships provide value for the mentor (eg. leadership skills) and for the mentee (professional skills).

"I would like to encourage future students to participate because of the networking opportunities available and the gatherings where you can meet other Mentors/Mentees and begin creating contacts within the industry."

*Dave Mammoliti
Past Mentee*

This program is available to CPRS members only.

For more information on how to apply to the CPRS Hamilton Mentorship Program, please visit <http://cprs-hamilton.ca/index.php/cprs-hamilton-mentorship-program/> or contact David Rowney, APR at rowney@sympatico.ca.



Growing Together

2009-2010



How will I benefit from having a mentor?

Everyone can benefit from having a mentor. No matter what stage you may be at in your career, a mentor can help you develop personal and professional skills and insights that you will have for a lifetime. Some of the benefits may include:

- Access to a intermediate or senior practitioner in your field of interest who can serve as a guide and confidant as you progress in your PR career;
- An opportunity to gain valuable industry skills and knowledge;
- Building essential networking skills, as well as, establishing a network of PR contacts through your mentor, and;
- Guidance with writing your resume, developing your portfolio or other career advice.

How is the mentorship experience structured?

CPRS Members who participate in this program are asked to make a seven month commitment from October to April to their "mentor". It is expected that you are committing time to building a (two-way) relationship. This requires monthly contact with your mentor, to keep connected. There are **four group events** that take place during the program that **you are expected to attend**.

Together, the mentor and mentee will develop a set of goals, based on your needs and interests. For instance, as a mentee you may look to your mentor for guidance in different kinds of PR work and workplaces that exist, or you may need advice about a career move. Once goals have been developed, you and your mentor need to determine how these goals will be reached. The Mentorship Committee will provide you with programming and support (tools and tips) to help build your relationship. Mentoring is designed to be a fun and mutually rewarding experience.

Application deadline is September 28, 2009. For application forms, instructions and a listing of events and dates, please visit <http://cprs-hamilton.ca/index.php/cprs-hamilton-mentorship-program/>.

How can I be assigned to a mentor?

If you are ready to make a commitment to a meaningful relationship through the CPRS Hamilton Mentorship Program, your first step is to visit the CPRS Hamilton website at <http://cprs-hamilton.ca/index.php/cprs-hamilton-mentorship-program/> and download the mentee application. After completing the form and providing your education, career goals and areas of interest, as well as a reference and your photo and your commitment to the expectations outlined in the program, please forward the completed form to David Rowney, APR at rowney@sympatico.ca.

Upon review by the CPRS Mentorship Committee, you will be matched with a mentor who is an established practitioner and CPRS member.

To get your relationship off to a good start, the Mentorship Committee is holding a Mentorship Orientation the week of October 19th. Please check website for date, time and location.

