

**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 being 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).

*"Serving as a Mentor invited me to reflect on the work I've done since entering this career"*

*Tori Buggeln  
Corporate Affairs  
Niagara Support Services  
Past Mentor*

*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](mailto:rowney@sympatico.ca).



**Growing Together**

**2009-2010**



## How will I benefit from being a mentor?

Being a mentor can be a highly rewarding and satisfying experience. Some of the benefits to you include:

- An opportunity to enhance your communication and leadership skills;
- A chance to broaden your own network as you become engaged in the world of a intermediate or junior practitioner or PR student;
- A sense of accomplishment and pride as you participate in the successes of your mentee, and;
- Increased recognition from your peers and professional society for your contributions to our profession.

## 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 "mentee". It is expected that you are committing time to building a mentoring (two-way) relationship. This requires monthly contact with much of the onus on you, the mentor, to keep connected. There are four group events that take place during the program that you are expected to attend and we hope that you will make an effort to attend when possible.

Together, the mentor and mentee will develop a set of goals, based on the mentee's needs and interests. For instance, a mentee may look to you for guidance in the different kinds of PR work and workplaces that exist, or they may need advice about a career move. Once goals have been developed, the mentor and mentee 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 do I become 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 mentor application. After completing the form and providing your career information, a reference, your photo, your areas of interest and your commitment to the expectations outlined in the program, please forward the completed form to David Rowney, APR at [rowney@sympatico.ca](mailto:rowney@sympatico.ca).

Upon review by the CPRS Mentorship Committee, you will be matched with a mentee who shares your interests and will benefit most from your professional experiences and knowledge.

**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.

