

Join us for the  
next Mentoring  
Skills Workshop  
and Matching  
Session on  
Sat 4 October  
from 9:30 – 13:30  
at the Mercure in  
Sophia Antipolis

And please  
respond to our  
forthcoming  
survey

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*European Professional Women's Network Nice-Côte d'Azur*

## Mentoring News

EuropeanPWN Nice-Côte d'Azur Mentoring Programme

- Barbara Wilson decided in June to step back from her role on the mentoring board. We wish her lots of luck with all her other activities. Without her experience and engagement the programme wouldn't be where it is today. Thank you, Barbara.
- Photini Papatheodorou, corporate and personal coach, founder of *Wisdom in Action Coaching*, joins the board.

## Recent Event – Mentoring Evening

Seven members of the Mentoring Programme met on June 26 for an informal session to ask questions, exchange experiences and suggest how to improve, not only mentoring relationships but also our mentoring programme. Some of the points members shared are listed below.

#### TIPS TO IMPROVE RELATIONSHIPS

- Review your mentoring objectives from time to time – priorities may change
- Arrange your next appointment at the end of each meeting
- Don't skip the "contracting" stage – it puts the relationship on a sound footing
- Celebrate your achievements

#### BENEFITS EXPERIENCED

- Opportunity for self assessment – both for mentees and mentors
- Positive motivation
- Friendly relationships
- Regular support

#### LAETITIA REYNAUD'S EXPERIENCE

"When I first attended the mentoring workshop I wanted to be a mentee, I didn't think I would have anything to share. But I realised that we all have experience to share. I've had two relationships, one as a mentor and one as a mentee.

As a mentor, I found it rewarding being able to help someone. It was also a good opportunity to compare different cultures because the subject of the mentoring was French social behaviour.

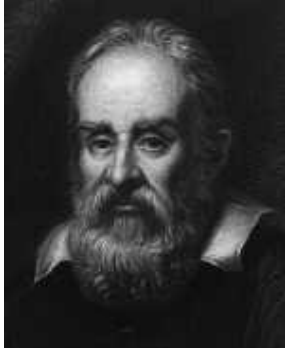
As a mentee, I learned a lot. It felt good to meet a person who was ready to help me. It was not a professional relationship, it was friendly. It gave me the opportunity to learn some tips on public speaking. We exchanged on how I could promote my association O.S.T.E.O."

## Improving the Mentoring Programme

### Feedback

We received a lot of feedback on the programme on June 26. Here are some of the things we'll act upon:

- More training on mentoring skills would be useful
- Follow up from the board is very helpful, consider providing more structure and guidance for those who want it
- Obtain everyone's profiles before the matching session
- Allow more time during the matching workshop for pairs to have their initial "meeting"
- Allow members to join the programme as mentees during the year
- Provide soft copies of the presentations



*"You cannot teach a man anything; you can only help him find it within himself."* –  
**Galileo Galilei**

### Plans for the rest of 2008

- Sep** Survey to help prioritize your needs for mentoring skills development  
Follow up with each mentoring pair
- Oct 4** Mentoring Skills Workshop and Matching Session
- Nov** Improvements to the mentoring area on the website
- Dec** Skills Workshop

## What do I do now if I want to join the programme?

1. Reflect on what you may wish to be mentored on or offer mentoring around – that is your needs and offers.
2. Complete your mentor and/or mentee profile -  
Please download the appropriate profile from the mentoring website by clicking [here](#) and e-mail it to [mentoring@europeanpwn-nice.net](mailto:mentoring@europeanpwn-nice.net)
3. Attend the workshop on Saturday 4 October, 9:30 – 13:30  
Hotel Mercure, Rue Albert Caquot, 06560 Sophia Antipolis  
Register on the events calendar by clicking [here](#).

If you cannot attend the workshop but would like to be a mentor or mentee please contact us by e-mail at [mentoring@europeanpwn-nice.net](mailto:mentoring@europeanpwn-nice.net)

**Previous newsletters** found [here](#) contain useful information about the mentoring programme:

- Feb 2008:      What is Mentoring?  
                    Can I be a mentor or a mentee? What does it involve?  
                    Why be a mentor?  
                    Why be a mentee?
- May 2008      Criteria for successful mentoring relationships

