



Releasing potential, enhancing careers

London Deanery Mentoring

"People do grow, learn, thrive and excel when organisations make provision for particular and specific interpersonal support at key times" (Cross, 1998 #797)

The London Deanery has launched a new Mentoring Service to meet the urgent and growing need among London's dental and medical professionals for structured, high quality mentoring. This service enables doctors and dentists concerned about professional or career issues to confidentially talk with trained, quality assured mentors. Furthermore, we are currently able to provide this service **free** to junior and Staff and Associate Specialist Grade (SASG) doctors, or recently qualified (within two years of qualification) GPs, consultants and dentists. More information is available from our dedicated London Deanery Mentoring website.

What does mentoring involve?

Mentees choose a mentor from a shortlist specifically tailored to meet the needs of the individual mentee. Once a mentor is agreed, mentees and mentors usually meet for up to four sessions, each lasting between 60 and 90 minutes. All discussions are conducted in complete confidence.

Why undertake mentoring?

Mentoring is particularly helpful for professionals who are at a crossroads in their career or who have suffered a setback in their ambitions and are having to consider new options for the future. Or they may simply want to explore ways of further fulfilling their potential.

Who can be mentored?

The mentoring service is open to all doctors, GPs, consultants and dentists working in the London area, with full funding currently provided for mentoring junior and Staff and Associate Specialist Grade (SASG) doctors, and those who have recently qualified (within two years of qualification). We advise those outside of these funded groups who are interested in being mentored to watch our website for changes, as from time to time we will be funding other groups. Alternatively you may approach your Trust or PCT to fund your mentoring.

To find out more about the aims of London Deanery Mentoring, as well as access reference material, template documents and a host of useful contacts, visit our website:

www.mentoring.londondeanery.ac.uk