



SOCCLA MENTORING PROGRAM

VIRTUAL MENTORING: LET'S MAKE THIS WORK

Virtual meetings have now become the norm and this is also true for mentoring.

Sure, virtual mentoring has its pros and cons. Traditionally mentees have enjoyed catching up with mentors over a coffee and building a rapport in person. We still encourage doing this where possible.

However when we are unable to do this, meeting virtually through one of the many video chat options available is the next best thing. In some cases, it is the best thing!

*Pursuing your mentoring relationship virtually
could be the difference between a successful experience
and none at all.*

Flexible and Convenient

It can be a challenge for busy, time-poor professionals to be able to meet in person and have quality conversations.

Meeting virtually saves time for both parties allowing time to have a relaxed, successful and interesting conversation (see: [Getting the most out of your meetings](#)).

Reduces Communication Barriers

Most organisations and individuals now have reliable access to video conferencing software (Zoom, Skype, GoTo, Teams) on their devices so virtual mentoring is significantly easier than it was just a couple of years ago.

Mentees may be intimidated by the seniority of their mentor and meeting virtually can help manage the nerves and make the conversation feel more approachable.

How to make virtual mentoring work for you

1. Agree on your method and frequency of communication e.g. video chat, phone, email, text message, Whatsapp. Different methods will work better for some mentoring pairs than others. You should choose the method that will work best for you both.
2. Establish your human connection first before getting straight down to business. Remember no matter how senior or junior we are, we are all working together in a similar situation each with different experiences.
3. [Prepare for your meeting](#). Mentees should bring an agenda to each meeting with some pertinent topics and/or questions prepared. You could email it to your mentor before the meeting for them to prepare too.
4. Be present. Like any business meeting, both participants should provide their full attention to the meeting, it is easy to be distracted while on a video call.
5. Evaluate. You may wish to assess how the mentoring relationship is progressing. Are you both benefiting from your time together, what could be adjusted to make it more effective for both parties? Be kind but honest with each other.