**Mentoring Topics**

The mentoring topic(s) should be identified by the mentee and could relate to any of the following wide range of topics or beyond.

**Career development**

* Building a successful career (academia / professional services)
* Establishing and following short and long-term career goals
* Developing in your career and taking on new roles
* Developing networking skills and professional relationships
* Developing leadership experience and capability
* Getting advice and guidance on taking on new responsibilities
* Obtaining more experience in a particular aspect such as lecturing/teaching/managing people etc.
* Opportunities for career advancement
* Applying for a different post

**Skills and Competencies**

* Learning and developing in a management role
* Dealing with people challenges
* Developing professional and technical skills and competencies
* Thinking and acting more strategically
* Creating efficiencies within your role

**Understanding UL**

* How things work at UL
* Developing an understanding of UL culture, policies, processes and programmes
* Understanding the relationships between different departments and faculties
* Developing an understanding of different systems within the department/university

**Strategic thinking and Leadership**

* Increasing your self-awareness
* Understanding the UL strategy.
* Developing your presence
* Identifying and focusing opportunities.
* Making key introductions
* Personal development opportunities

**Research**

* Understanding available supports
* Developing / reviewing research plans
* Strengthening networks
* Integrating different strands of work
* Obtaining funding, applying for grants
* Enhancing research outputs
* Developing and maintaining effective work habits

**Teaching** (Source: UCSC Faculty Mentorship Program)

* Effective teaching strategies / structures
* Confidence in the classroom
* Managing time
* Teaching design / delivery / evaluation
* Maximising your role as a teacher
* Working with challenging situations

**Work-Life Balance**

* Finding a work life balance
* Managing stress
* Developing a healthy lifestyle
* Resources and facilities available in UL