**Top Tips for Mentees.**

*“Never Fear Your Mentor is Here”*

* Think about where you would like to meet your mentor, coffee shop, library…somewhere public.
* Agree a time to meet and what you will do if either of you are running late.
* Arrange how you will get there and get back
* Don’t worry about money your mentor will buy you a drink and maybe a cake too!
* You may want your carer to come along to the first meeting, maybe just the first part.
* Swap phone numbers with your mentor so that you can arrange your meetings, it is always good to plan the next meeting when you are together. Usually once a month for 1-2 hours.
* Don’t worry if you feel nervous about your meeting, your mentor is probably feeling nervous about meeting you too.
* Give yourself a few sessions to get to know your mentor; it can take time to build a relationship. Remember you can stop if it’s not working.
* Remember your mentor is here to help you. They have chosen to do it. Nobody made them!
* Your conversations will be confidential unless the mentor thinks they may need to share information to keep you safe but they will talk to you about this.
* The meetings are to help you think about your future. Make sure you are honest and bring up things that are worrying you. Don’t worry if you don’t know what you want to do.
* You could plan together what you want to talk about at your next meeting.
* Take advantage of this opportunity, relax and let it unfold!