Title: CENE WORKSHOP: Self-Mentoring: The Essential Paradox

Type: Oral

Presenter: Jane E. Manning, MSN, RN, RN

Keywords: Mentoring, Possibilities and Self-mentoring

Summary: Mentoring has been successfully utilized as a developmental leadership strategy for decades. More recent terminology such as life coach and self-care has entered the literature supporting the concept of work-life balance. Self-mentoring is a mindset shift which capitalizes on the strengths of the person who knows you best...you!

Abstract Text: The concept of mentoring has been successfully utilized as a developmental leadership strategy for decades. A mentor is a guide, a coach, a person who typically sees something in the mentee that the mentee does not see in oneself. When people reflect on their mentors and describe their attributes, it is often with emotional and glowing terms. The mentor-mentee relationship is a true commitment to one another which often develops into a lifelong friendship. Reference to a 1992 study of Sigma Theta Tau Chapter Presidents re: whether or not they had been professionally mentored will be discussed. Occasionally, negative mentoring relationships occur and life lessons emerge from these experiences as well. More recent terminology such as life coach, health coach, and self-care has entered the literature, particularly supporting the concept of work-life balance. Self-mentoring, though seemingly counter intuitive, is a mindset shift which can capitalize on tapping into the strengths of the person who knows you best... and that is you! Through self-reflection and discussion, the program will define and describe the concept of mentoring based on participants’ experiences. Elements of coaching and self-care will be presented to help establish and distinguish those strategies in promoting self growth. The concept of self-mentoring will be defined by illustrating what makes it different from the other self growth concepts. Several professional situations which could benefit from this tactic will be explored. The video, “Radiating Possibilities” will be viewed and de-briefed as a method to shift our focus to self-mentoring as a personal strategy to creating possibilities in life. “Quieting the voice in the head” and “Sit in the front row of your life” are just two of the key learning concepts in this fun and energetic experience. Participants will then have the opportunity to create three self-mentoring strategies with the intention of applying these going forward.

Final Number: CENE 02
Slot: CENE 02: Friday, 27 October 2017: 1:45 PM-2:45 PM

References:


**Learning Activity:**

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<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<tr>
<td>Compare and contrast the concept of mentoring, coaching, self-care and self-mentoring.</td>
<td>Through self-reflection, discussion and experiential learning the learner will be able to distinguish the concepts.</td>
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<td>Identify three intentional strategies for self-mentoring.</td>
<td>Through the viewing of the video, &quot;Radiating Possibilities&quot;, followed by a group debriefing, combined with the earlier concepts discussion, the learner will be able to create a plan for self-mentoring.</td>
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