

# Bow Valley College

Business & Technology Career Mentorship  
March 25, 2021



This session will be recorded



# Agenda

- 4:00 – 4:10 Welcome, Housekeeping
- 4:10 – 4:25 Panel Discussion incl. Q&A
- 4:25 – 4:55 Mentoring Circles & Resource Guide
- 4:55– 5:00 Conclusion

# The Business and Technology Career Mentorship Planning Team



**Andreas  
Lambrinoudis**



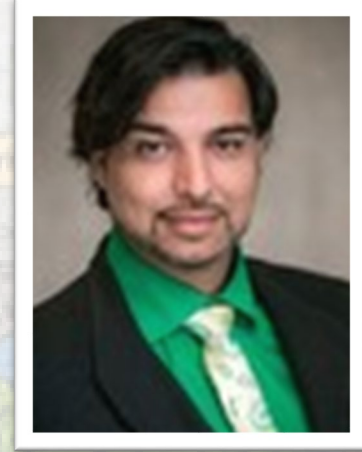
**Helen  
Nartakhov**



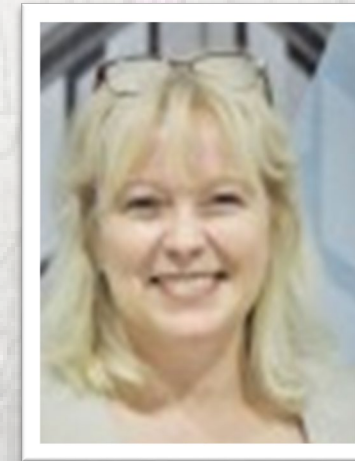
**Landis  
Jackson**



**Nadine  
Penalagan**



**Raj  
Brar**



**Regula  
Lewis**



**Rudy  
Schmidtke**



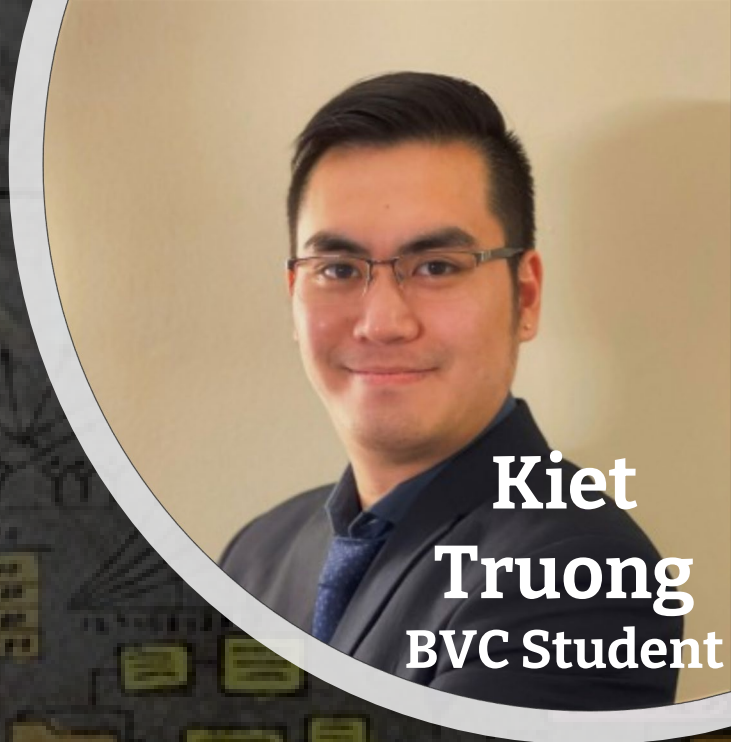




**Helen  
Nartakhov**  
School of  
Technology  
FACILITATOR



**Avi Sidhu**  
CPHR



**Kiet  
Truong**  
BVC Student



**John Li**  
Suncor

# Facilitator and Panelists



**Livia  
Castro**  
BVC Student



# Panel Discussion - Questions

- Q1. Reviewing your past mentoring relationships, please share one or two observations on what you learned from your participation as either a mentor or mentee.
- Q2. How do you build a strong mentor-mentee partnership?
- Q3. What activities do you do during a mentor-mentee partnership?
- Q4. What advice would you give someone who is considering either becoming a mentor or a mentee?



# Career Mentorship Resource Guide

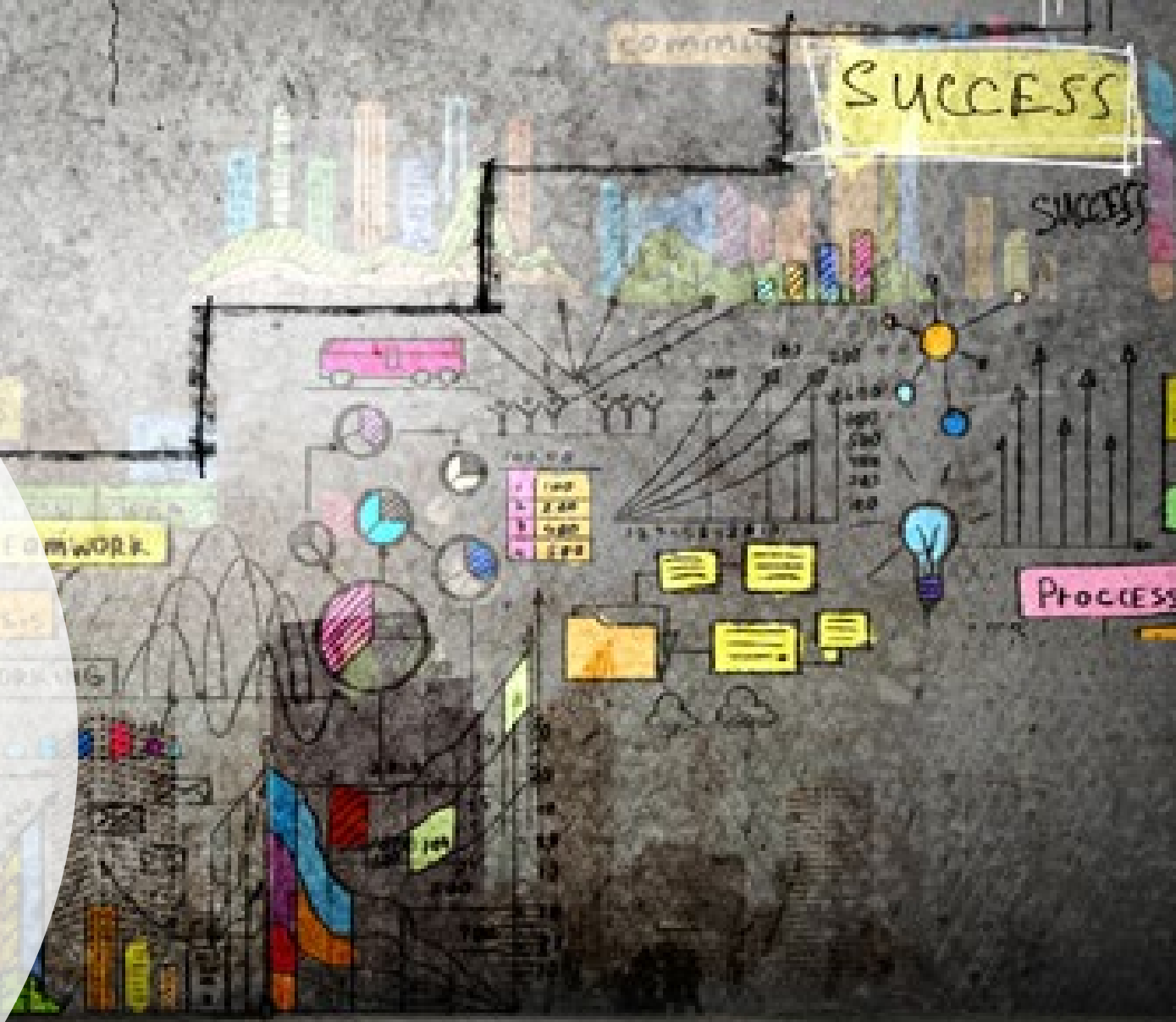
The purpose for our career mentorship resource guide is to provide mentors and mentees with an overview, concepts and guidance that may contribute to an effective and successful mentoring partnership.

[www.bowvalleycollege.ca](http://www.bowvalleycollege.ca)



# Mentoring Circles

Mentoring circles are a form of group mentoring that encourages participants to discuss topics of interest.







# Mentoring Circles - Topics

**Common discussion topics often include skill development, short-term and long-term goals, managing work-life balance, industry trends and organizational culture.**

# Mentoring Circle

Discussion Topic – Round 1:

**What makes a mentoring partnership successful?**



# Mentoring Circle

Discussion Topic – Round 2:

**What are your goals for a mentoring partnership?**









# What's next?

Stay tuned for more career mentorship sessions!

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[\*\*www.bowvalleycollege.ca\*\*](http://www.bowvalleycollege.ca)