

mentoring connections **Mentee Case Study – Veronique Miron**

Our Mentoring Connections programme has been running for just over two years and has around 400 members across Academic and Professional Services staff. We recently ran an evaluation and have heard some stories that we really wanted to share – to celebrate the success and to inspire other people to sign up!



Veronique is a Principal Investigator in the College of Medicine and Veterinary

Veronique was new to post when the Mentoring Connections Programme was launched. After attending a workshop which helped her to understand the nature of a mentoring relationship, she was matched with her mentor.

“Having a mentor in my first year as a PI made a huge difference in helping me cope with the tasks, stresses and challenges that otherwise would have made it so much more difficult to handle. It has made all the difference in allowing me to settle into my position very quickly and take on new responsibilities efficiently. This, and the mentoring workshop, have also helped me mentor my own team and improve performance. My mentor has also been an excellent source of information on the workings of the school.

Mentoring meetings have been face to face and we have built a strong and trusting relationship. My mentor is the best mentor I could have asked for.

My mentor makes the meetings useful, productive and comfortable, and helps me to put my issues into perspective, and to consider useful strategies that I wouldn't have thought of on my own.

Her support has helped me enhance relationships with my team which this has been very helpful and made a big difference.

My mentor has helped me to look at the bigger picture as it can be difficult to sit back and look at the situation in a different way by yourself. Talking in this informal setting helps me discuss issues that I might not wish to talk about to my line manager, especially when new in a role. I have found her useful as a sounding board where I can say what I honestly feel, and it has helped that she has been through the same experiences in her career which she has been happy to share with me.

Whilst my mentor is in a different field to me, she is still within biological sciences and understands which grants are useful to apply for. I found the first year of the mentoring relationship particularly supportive whilst new in post, and I still continue to be mentored now but on a less frequent basis. The mentoring programme has exceeded my expectations and I would recommend the Mentoring Connections Programme to others in similar situations.”

