

How mentoring will help you improve your performance

We live in an age where there is a never-ending stream of advice, opinions and expertise at our fingertips. We can find expert videos, blogs, articles and white papers all at the click of a mouse and offline there are books, newsletters and magazines. In truth, trying to cut through the sheer volume of advice and information can be exhausting and confusing!

So where can we turn for experienced advice that we can trust to help us achieve stronger performance? In business, the answer is increasingly, mentors.

Mentoring makes a difference.

According to a statistic from Forbes employees who have mentors are five times more likely to be promoted than those who do not, while mentors themselves get promoted six times more often than those who are not mentors.



According to global employment consultancy Robert Walters, 83% of professionals would like to participate in a mentoring programme in their company but only 29% of them actually have that opportunity.



Mentors are important in facilitating career mobility and professional fulfillment. They can provide a unique perspective and advice, and can make the difference between a promising business candidate and a successful one. Those fortunate enough to have benefitted from good mentors know this instinctively to be true.

Mentoring can make an impact, and thus positively influence career advancement by:

- Fostering skills development
- Promoting mentees within an industry
- Increasing the mentee's confidence levels and aspiration to higher levels of success
- Providing a role model
- Ensuring resources are used wisely, especially time
- Inspiring and supporting making sure full potential is reached.

Mentoring plays a particularly important role in advancement of young professionals. They may be reluctant to ask for assistance and thus may not develop the skills and tools necessary for advancement.

In this rapidly changing world it is important to be self-aware and plan for your career. Although plans can change and flexibility is a key advantage in the current job market, knowing your strengths and areas where you need improvement and the general direction you would like to take are key elements to success. This is where a mentor can help.

Start improving your performance by signing up to the Connect mentoring programme, and find a mentor that will make a difference to you.

