

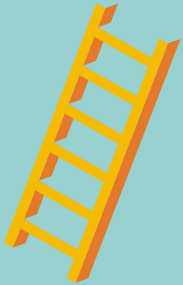
# 10 Ways a Mentor Can Help You

Mentoring is a fundamental and increasingly important part of continuous professional development for early education and care teams

A mentor helps you to **think deeply** about your work, to reflect and problem solve.



A mentor sees your **strengths and champions** you when you are doing great work.



A mentor observes you as you interact with children and shows you **how to apply your training** to help young children learn.



A mentor **challenges** you to be the very best you can be and to **continually improve** your practice with children and families.



A mentor uses their own experience to help you make the most of yours.



A mentor helps you to serve the **best interests** of children and families.



A mentor gives you the chance to look ahead and to take control of your own development.



A mentor helps you to see it's not just what you do, but also **the way that you do it that matters.**



A mentor helps you to build your confidence and to **work collaboratively** with others.



A mentor listens to you and recognises and values your contribution.

