

Publication Highlight:

Mindful Mentoring: A Reflective Guide for Mentors and Mentees

By Carol Radford

Mindful Mentoring: A Reflective Guide for Mentors and Mentees is a practical resource to enhance any mentoring program. It includes colorful original artwork by the author, reflective prompts for both mentors and mentees, and positive affirmations to focus on mentoring goals.

The guide is organized into three parts: 1.) How Do We Build a Trusting Relationship? 2.) What Do We Talk About? and 3.) How Do We Complete the Mentoring Process? Each part includes "values" to frame conversations and deepen reflection. This reflective process allows the pair to tap into beliefs and feelings that relate to topics such as: dedication, change, healing, freedom, and growth.

The purpose of Mindful Mentoring is to transform mentoring conversations from required meetings into authentic conversations that reveal opinions that are important to both mentors and mentees. The process encourages each person to reflect and write in their own guide so that they have time to think about their beliefs before the meetings. Meetings become opportunities for sharing personal perspectives and stimulating ideas.

Mindful Mentoring is designed to be a mutually beneficial process for both the mentor and the mentee. Discussing values enriches mentoring conversations and builds trusting relationships. Mindful Mentoring: A Guide for Mentors and Mentees is a useful and insightful process that will enhance your mentoring tool kit.



About the Author

Carol Pelletier Radford received her EdD from Harvard University where she focused her studies on mentoring and teacher leadership. She is the founder of Mentoring in Action and the author of two best sellers at Corwin Press- *Mentoring in Action: Guiding, Sharing, and Reflecting With Novice Teachers*; and *The First Years Matter: Becoming an Effective Teacher*. She recently published two new books available on Amazon- *Mindful Mentoring: A Guide for Mentors and Mentees in All Professions*, and *Mindful Living ~Art and Affirmations to Nourish Your Soul*. You can find her free resources, videos, meditations, courses, and books on MentoringinAction.com

