

# 10 things every good mentee should do

- 01 Motivation**

Motivation gives meaning to our life goals and helps us improve every day. Motivation helps us feel better.
- 02 Positivity**

Maintain optimistic thoughts and behaviors throughout the process. Try to find positive aspects even in difficulties.
- 03 Respect**

Respect is the foundation of human relationships. Treat others with politeness and consideration, and accept different opinions.
- 04 Good communication**

Share your opinions clearly, respectfully, and kindly.
- 05 Availability**

Be very clear about your availability and respect schedules. Remember that your time is as important as that of others.

## SESSION 2. WHAT MAKES ME A GOOD MENTOR/MENTEE?

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### **Responsibility**

It is important to be aware of our actions and attitudes, and take responsibility for them. This helps build trust and commitment to the process.

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### **Confidence**

Having confidence to communicate and express yourself calmly is key to the proper functioning of the project.

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### **Empathy**

It is important to learn to put yourself in someone else's shoes. This helps increase trust and understanding towards others.

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### **Willingness to Learn**

It is important to have an open mind to learn new things. This will help us know or discover new ways to develop ourselves and foster our creativity.

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### **Self-awareness**

Knowing our own virtues and attitudes to improve is crucial. This helps us know how to handle difficult moments and is important because it allows us to set goals and understand what we want.