

WOMEN IN RAIL MENTORING PROGRAMME

Why Should You Consider Becoming A Mentor?

Mentoring is a collaborative experience, and the benefits are not one-sided. In the experience of Moving Ahead, mentors often report that their mentoring relationship is two-way and that they have learnt from the committed and talented people they are mentoring. They say that their mentees are driving them to improve their own performance. They also describe how they return from mentoring sessions with a deeper understanding of the workplace as it is experienced by people with other backgrounds, and how this will change their own management practices for the better.

We are looking for mentors who are:

- Committed to meeting their mentee every four to six weeks.
- Reliable and able to keep confidences.
- Value sharing experiences and learning from others.
- Open to learning from a different industry and perspectives.
- Want to make a positive difference and help someone work through a challenge.

What Is The Impact On Our Mentors? What Mentors Have To Gain:

"'I've learnt how to balance team culture vs my personal attitude."

Sir Philip Craven, President, International Paralympic Committee "The improvement in the Ricoh mentors has been extreme – they've been highly interested, highly motivated, more engaged. They're also developing individual skills and also one of the other benefits is bringing back into the workplace the skills that they're learning from going outside; talking to people outside of your own organisation brings a different perspective."

Ricoh board Member

"Being a mentor is hugely humbling. It has forced me to consider the challenges women can face in career progression, and encouraged me to help find solutions. These in turn are shaping my own recruitment and career development. I am also who I am because of the mentors I have had."

Michael Cole-Fontayn, BNY Mellon Chairman and CEO. Mentor for the 30% Club scheme four years running. "It has refreshed my belief in myself as a person & renewed my self-confidence as a good leader of people."

Cisco Mentor

"I always find myself taking things out of it and learning things from this programme, because it pushes me in the directions that I've never been before."

> Robert Schukai MBE, Thomson Reuters