



# Society for Social Medicine

Advancing knowledge for population health

“Everyone  
needs a  
mentor”



<https://socsocmed.org.uk/mentoring/>

SSM ECR Pre-Conference Event  
Tuesday 6<sup>th</sup> September 2022

# Introduction to mentoring...

5 mentoring questions – Tony Tjan

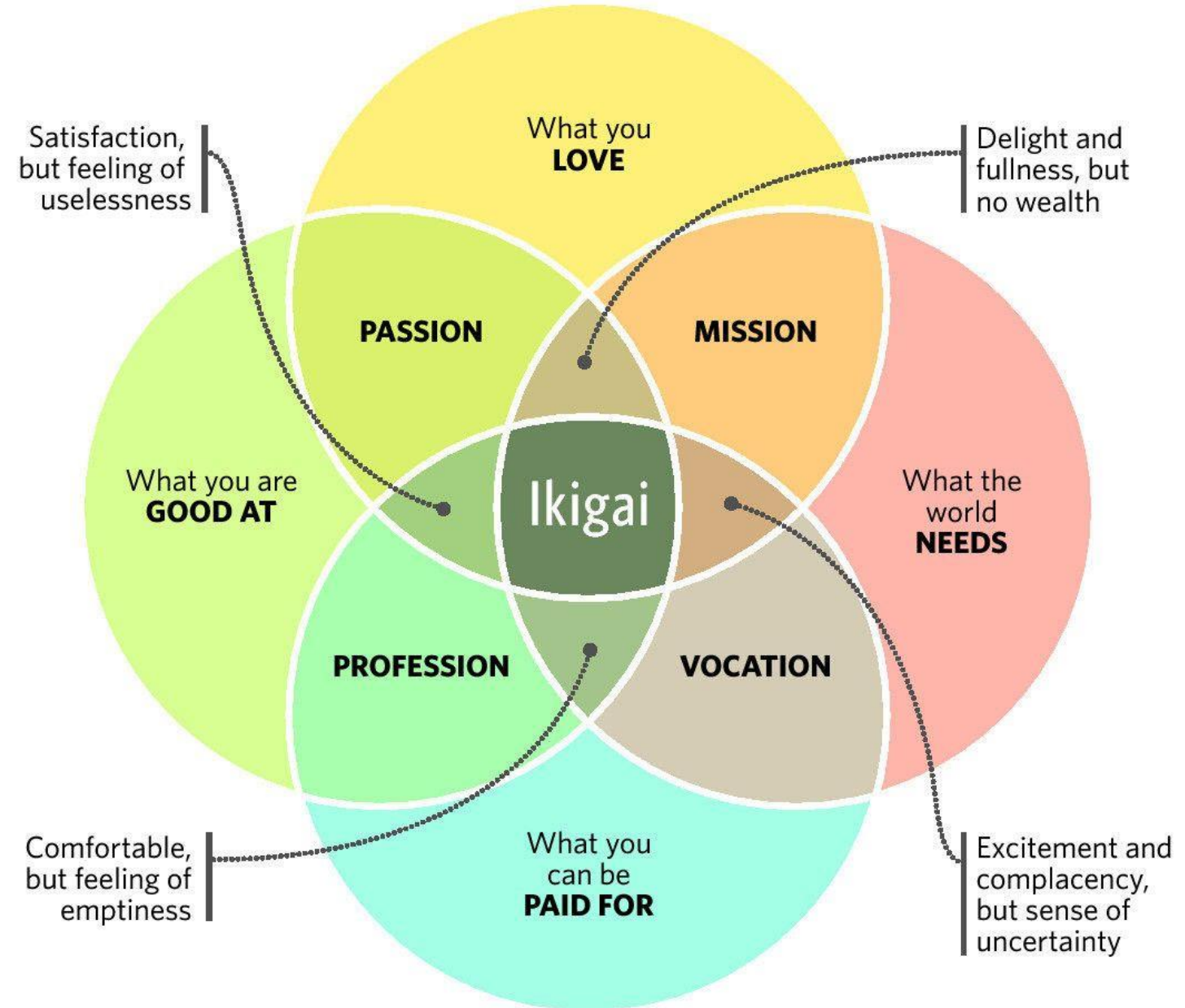
- <https://youtube.com/clip/Ugkxco4WyfDOfdMnPWh3hHmFtBL7XPTiy7SI>



# Find your Ikigai

# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



# Mentoring is not for you if...

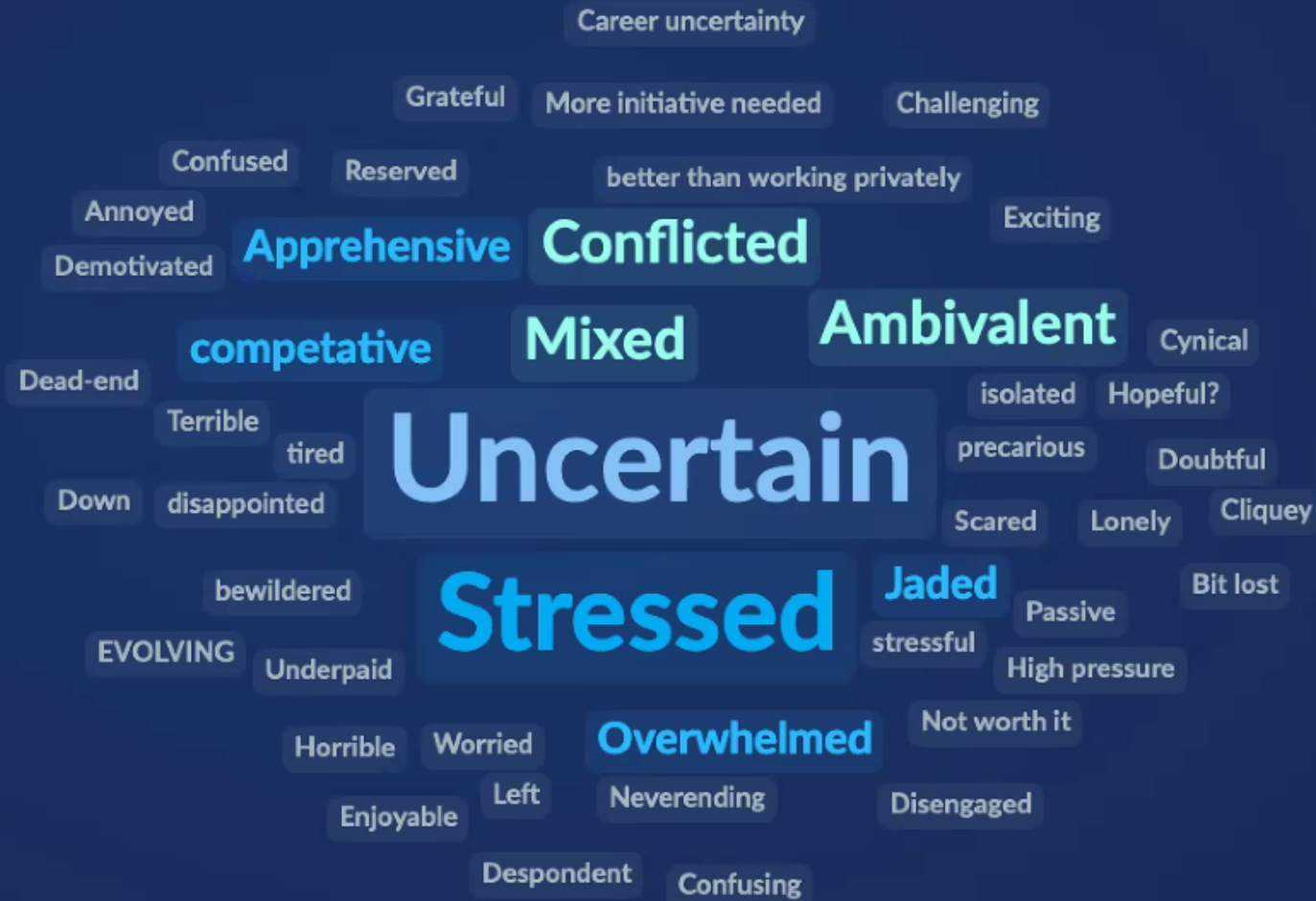
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- You always know what you're doing
- You have no doubts about your life plan and how to achieve it
- You never find yourself in difficult situations
- You have an inbuilt knowledge of how academia works





How are you feeling about academia right now? (One or two word answer, can submit more than one response!)



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**#SSMASM21**



# SSM Mentoring

# What is mentoring in SSM?

A 1:1 learning relationship, which helps you to

**take charge of your own development,**

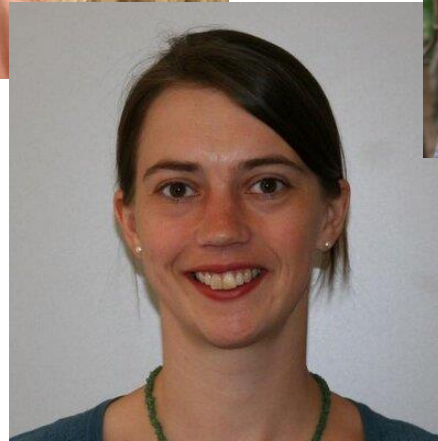
**release your potential,**

**&**

**achieve results that you value**

Connor & Pokora, 2007






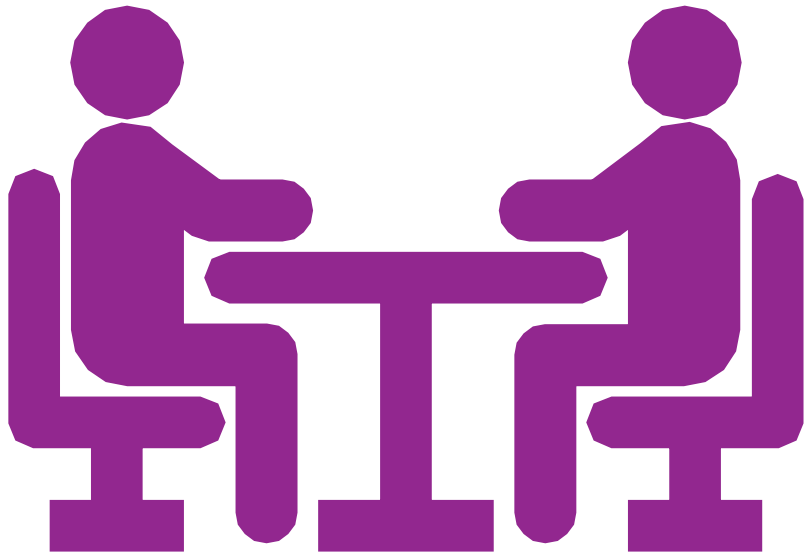




## Mentoring topics might cover...

- Career choices
  - Upcoming professional challenges
  - Diversity and equality
  - Work/life balance
  - Growing your network
  - Gaining additional skills and experience
  - Prioritising tasks
  - Fellowship/grant applications
  - The REF
  - Organisational culture
- 

# Discussion in pairs



What does a good mentoring experience feel like?

# Discussion in pairs







*"Really nice to have time to stop, reflect and talk to someone openly and confidentially about work, work-life balance, or career matters"*

*"Gain a different perspective"*

*"I went away from the meeting in an extremely positive frame of mind with many new ideas to consider"*

*"I enjoy sitting on the other side of the table and helping others"*

*"I feel much more confident about where best to focus my efforts to gain the skills and experience for progression"*

*"There is a lot of stuff I've done I wouldn't have done without that mentoring"*

# Concerns with starting off

- The match
- Expectations
- Benefit to mentor
- Benefit to me



# The process...

- Structured and problem solving focused meetings
- Sound-boarding
- Relaxed/mentee led
- Someone to turn to





# <https://socsocmed.org.uk/mentoring/>

## **New mentors**

We are always happy to welcome SSM members to join as new mentors.

Beyond the opportunity to support more junior members of the society, mentors often also benefit from mentoring. Mentoring provides an opportunity to network with more junior researchers from different institutions, bringing a wider perspective on academic life. The practice of mentoring skills can also be beneficial for other professional relationships.

We particularly invite post-docs and mid-career researchers to consider becoming a mentor. All new SSM mentors are provided with training to introduce the SSM mentoring scheme, practice mentoring skills and discuss mentoring methods. There is ongoing support through the mentor network.

If you would like to become an SSM mentor, please follow the button below in order to access the mentoring tab of the private member's area of our website.

**REQUEST A MENTOR**

**SIGN UP TO BE A SSM MENTOR**

+ Mentee Testimonials

+ Mentor Testimonials