



What Should I Look for in A Mentor? How can a Mentor help you in the Process?

1. **Relevant Expertise or Knowledge.** Look for someone who is ministering in a like setting or location so that you can share similar experiences and relevant background.
2. **Enthusiasm to Share Expertise.** Make sure that your mentor is willing to share their expertise with you.
3. **A Respectful Attitude.** Constructive criticism is useful; however, if you find that the person is harsh and unconstructive, mistreats you or is belittles you in conversation, the mentor/mentee relationship should be stopped immediately.
4. **Eagerness to Invest in Others.** Mentoring is an investment in your future. Make sure that you are investing your time with someone who is willing to offer time to you. Make sure that your expectations are known to your mentor and that you have mutually agreed upon these terms.
5. **The Ability to Give Honest and Direct Feedback.** Finding someone who's respectful is key, but so is finding someone who will give you some tough love when needed.
6. **Reflective Listening and Empathy.** These are important qualities in a mentor because answers that remain in the Mentor's head will not implore you to become a better chaplain. Conversations may be difficult at times, but should remain respectful, and your mentor should be someone who helps you reflect on your practice and encourage you to be a better chaplain.
7. **Willingness to Work with You Until Your Interview.** Not always can someone commit to this kind of time constraint, so this may not be an option and should not deter you from using someone as your mentor. Just know that it is good to have someone in your corner when you prepare and go into the interview for certification.

Remember that you can have more than one person mentor you and you may find that the gifts and talents may suit your needs better for a particular situation. Be willing to listen to your mentor and don't hesitate to move on to another mentor if one does not work out. Contact the NACC National Office, 414-483-4898 should you have questions or concerns.