

# UPlift

## UPCEA Mentorship

*An UPCEA Member Benefit*

### Mentorship Has Powerful Benefits

I had the fortunate opportunity to mentor two individuals this year. They were in different types of positions at different universities, but we ended up talking about many of the same things - how to manage up, supervising individuals, managing teams, career aspirations, participation in UPCEA, the weather, and even some about our families! I hadn't been involved in a structured mentoring program like this before, but UPCEA (along with Mentor Collective) made it easy to get started and stay on track. After a meeting or two to get to know each other and the topics we wanted to start with, the conversations came easily. In one case we met about every two weeks, in the other we met once a month.

At the conclusion, both individuals told me they greatly appreciated the conversations, and we agreed to stay in touch. Hopefully I imparted some knowledge and wisdom, but as much as anything I think our times together allowed them to safely talk and think things through with someone outside their organization who understands higher education. I learned a lot, too. When we talked about how to deal with certain situations, it forced me to think about how I was dealing with that situation myself, and whether there were ways I could do it better.

***I was a little hesitant to be a mentor, not being sure what all it would entail, but I'm very glad I did!***

I would encourage others to take the (very small) leap. It didn't take a lot of time, I made some new friends, they got some helpful advice, and I benefited from our conversations. It felt great to "pass on" some of what so many others have poured into me over the years.

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