

MENTOR

VERSUS

MENTEE

BOTH CAN BENEFIT YOU

- Photo by Cpl. Gabriela Garcia-Gregorio



THE IMPACT OF MENTORSHIP

FOR MENTORS

- Gain fulfillment from helping others.
- Develop leadership skills and enhance personal growth.
- Expand professional networks.
- Contribute to the overall well-being of service members and families.

FOR MENTEES

- Build confidence and improve skills.
- Receive invaluable support in navigating transitions.
- Cultivate a sense of belonging and community.
- Enhance social, spiritual, mental, and physical well-being.

MENTOR: THE GUIDE

The role of a mentor is to provide guidance, support, and encouragement across various life dimensions. Some of the responsibilities of a mentor include:

- Share experiences and insights that address both career and personal development.
- Help identify social connections, spiritual growth opportunities, and mental wellness resources.
- Offer information and access to programs like:
 - ♦ **Transition Readiness Program (TRP):**
Assists in transitioning to civilian life.
 - ♦ **SkillBridge Program:**
Facilitates hands-on experience in civilian careers.
 - ♦ **Volunteer Management Program:**
Promotes community engagement and service.
 - ♦ **Family Member Employment Assistance Program (FMEAP):**
Supports family members in career development.
 - ♦ **Marine Corps Credentialing Opportunities On-Line (MC COOL):**
Provides Marines an opportunity to obtain industry recognized credentials that align to their military occupational specialty, collateral duties, or civilian education.

MENTEE: THE LEARNER

The role of a mentee is to seek guidance and actively engage in the learning process for personal and professional growth. Mentees hold several responsibilities, including:

- Be open to feedback and actively seek advice from mentors.
- Set and pursue personal, professional, and wellness goals.
- Take initiative in the mentorship relationship by engaging in discussions and activities.
- Actively apply lessons learned to enhance skills and promote well-being.

