

>>> I'm revolutionizing
the trials that
transform healthcare.
And I do it
With Heart™



parexel.

Are you thinking about requesting a mentor to guide you with the next steps in your career?

Here are the qualities you should look for when deciding on the best candidate for you. Your mentor should...

- **Be passionate about the role** – they should be sincere about fulfilling this role for you and empowering you to develop your own strengths, beliefs, and personal attributes
- **Be a good fit** – they need to align well with you, so that they can help to create a strategy that fits well with your skills and your needs, and help to push you forward
- **Have a passion for learning** – they are excited to share their knowledge, skills and expertise, and take their role seriously
- **Encourage you to step outside of your comfort zone** – they will identify your comfort level and help you develop steps and activities which force you to move outside it for you to grow
- **Be an active listener** – they are involved in the conversations and dedicate the time to it; they reflect on your answers and prompt you for more details
- **Know how to provide feedback** – this should be provided at each session and is a crucial part of your improvement so that you can identify corrective actions; they are adept at adjusting their communication to the personality style of the mentee
- **Treat others respectfully** – they know how to be tactful and are skilled in emotional intelligence
- **Be an expert in their field** – your choice of mentor should be respected by their peers and yours, so that they can guide you

Are you ready to find the best version of yourself?

Have you identified a mentor with these qualities? You will likely gain a life-long supporter in the process. Don't be afraid to reach out to them... it is an honour to be asked!



At Parexel, we run a number of Mentorship Programs.
Click [here](#) for more details on current vacancies.