



SOCIETY *for*
NEUROSCIENCE

Mentor-Mentee Interactions: How to Have a Difficult Conversation

1. Write down your relationship vision

Think about one mentor-mentee relationship you have. Write down what you would like that relationship to look like. Include what you want to get out of your relationship with your mentor or mentee? Do not write what isn't working, but instead, what do you want from this relationship?

2. Troubleshooting your relationship

Write down the complaints you have with your mentor or mentee, or that relationship.



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Now, examine your and your mentor or mentee's role in this.

Their role

Your role

3. Design a conversation

Write down the steps you're going to take to have a conversation with your mentor or mentee. Follow Samantha Sutton's Renovation Conversation Blueprint in "Mentor-Mentee Interactions: How to Have a Difficult Conversation."



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4. Evaluate

You've had the first conversation with your mentor/mentee. Evaluate how it went by writing what went well and what you want to improve on for the next conversation. Remember these new skills will take time to practice and master.

What went well

What do you want to improve