

# Mentorship

## Edmonton Anesthesia Zone

January 2020

Mentorship is an important part of professional growth and development. This is especially important for junior staff, but is important for all stages of a career. It is **strongly** encouraged that each one of us actively seeks out mentorship.

Your site wellness representative/site chief (see here for the list of wellness representatives - <https://www.ualberta.ca/anesthesiology-pain-medicine/staff-wellness>) will coordinate the match between mentees and mentors.

Mentorship “teams” is an important aspect of the mentorship concept and having many types of mentors throughout a career may be desirable. Mentorship within and outside the Department of Anesthesiology and Pain Medicine is possible. Approach the individual yourself or contact a mentor through the following link (<https://www.ualberta.ca/medicine/resources/faculty-and-staff/development/mentoring/index.html>).

Guidelines and educational tools are available about mentoring and role modeling (<https://www.ualberta.ca/medicine/resources/faculty-and-staff/development/mentoring/index.html>).

Faculty Development Program (<https://www.ualberta.ca/medicine/resources/faculty-and-staff/development/index.html>)