



SOCCLA MENTORING PROGRAM

MENTORING YOUR WAY THROUGH SOCIAL DISTANCING

Tips for Navigating COVID-19

Be Mindful. Now is a good time to reflect on the importance of mentoring and the role it can play promoting connectivity within our industry. As restrictions continue around Australia due to COVID-19, you may find that this topic can trigger trauma for those impacted by the virus, difficulty accessing vaccines or by the news surrounding the pandemic.

Remember why [mentoring is more important than ever in 2021](#).

Be Purposeful about maintaining your mentoring relationship.

- Acknowledge what is going on and engage in a dialogue about how you're both feeling.
- Discuss self-care. It's okay to disconnect from the news and media for a while. Participating in outdoor activities, a long walk, fresh air and sunshine are [proven to lift your mood](#). Know that it's okay to take a break from the news to self-manage any anxiety or other feelings that may arise.

Collaborate. Work together to find interesting topics of discussion.

- Seek meaningful discussion topics, application of new approaches, different ways of thinking, insights into the various sides of the construction industry.
- See the Virtual Mentoring guidelines for how to connect and communicate virtually with your mentee if in-person meetings are suspended.
- Take time to discuss any changes in your expectations for the mentoring relationship.
- Schedule your future meetings into your calendars to ensure your mentoring partnership does not fall to the side.

Communicate. Healthy and supportive relationships are crucial during this time.

- Check in with each other. We have all had to adjust to a new virtual lifestyle but the loneliness and isolation caused by social distancing is still a challenge, and working from home brings its own distractions and challenges.