Open School

Video Activity: Mentor Me: Tips on How to Find — and Use — a Mentor

(http://www.ihi.org/education/IHIOpenSchool/resources/Pages/Activities/MentorMeTipsOnHowToF oFindAndUseAMentor.aspx)

Don Goldmann, MD, Chief Medical and Scientific Officer, Institute for Healthcare Improvement

Facilitator Instructions

- Review the learning objectives and description with your group.
- Watch the video together (5 min 39 sec).
- As a group, discuss your reactions to the video, using the discussion questions as a guide.

Learning Objectives

At the end of this activity, you will be able to:

- Identify at least two ways to improve a mentor-mentee relationship.
- Discuss the importance of becoming a mentor early in your career.

Description

No matter where you are in your career, we could all use a mentor. But how do you find the right one? And when you have the right one, how do you make sure the relationship is as valuable as possible?

In a new IHI Open School animated video, Don Goldmann, MD, IHI’s Chief Medical and Scientific Officer, spends five minutes sharing several lessons from his three decades as a mentor to students and fellows.
Related IHI Open School Online Courses

- L101: Becoming a Leader in Health Care
- PS103: Teamwork and Communication
- QI105: The Human Side of Quality Improvement
- QI202: Quality Improvement in Action: Stories from the Field

Key Topics

Leadership, build capacity, communication, workforce satisfaction and retention, teamwork.

Facilitator, show the video on this page. For your group’s discussion after the video, feel free to adjust these questions and/or add your own.

Discussion Questions

1. What one strategy from the video most resonates with you?
2. Why do you think Dr. Goldmann stressed the importance of writing down a mentor’s advice?
3. Dr. Goldmann, says “Find a mentor who really is right for you.” What qualities and qualifications would your ideal mentor possess?
4. Do you have a mentor? What makes the relationship valuable for you?
5. Have you ever mentored anyone? What did you learn from the experience?