

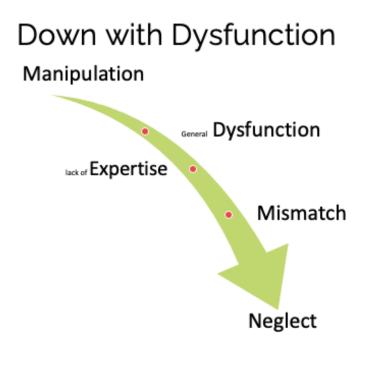
## **High Quality Mentorship**

## Characteristics of High Quality Relationships

Tensility: bends, doesn't break

**Openness**: connects to new ideas and people

Emotional Tone: share good and bad feelings



## Think About...

How to build trust & rapport? My plan for my first mentee meeting? How to reduce dysfunction?