

The Importance of Mentoring in the Health Professions

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OPINION ARTICLE

Mentoring is a counseling system based on a relationship of trust between two people, the mentor and the mentee. Often, a mentor is someone with experience and knowledge in a particular field or activity, and offers advice and guidance to the mentee to help them develop their knowledge and skills. Mentoring can be done through face-to-face meetings, phone calls, email, or other forms of communication.

The purpose of mentoring is to help the mentee develop their professional skills, better manage the challenges of their professional life and achieve their goals.

Mentoring can be useful in helping young health professionals acquire some basic knowledge and skills that will help them gain career prospects and gain professional competence. New health professionals can gain knowledge and skills such as time management, client management and collaboration with other professionals.

Overall, mentoring can be a very useful tool for developing knowledge, skills and professional competence, as well as managing the challenges of working life. It can also help you achieve your goals and gain the professional competence you need to advance your career.

The goal of the relationship between mentor and mentee is to strengthen the levels of professional skills and abilities of the latter, combined with strengthening and enhancing their self-confidence and effectiveness.

The quality of the relationship between these two is a determining factor in the successful development of the collaboration and the progress of the mentee through mentoring.

Keeping calm means being able to maintain a state of emotional and psychological stability, even in stressful or difficult situations.

It involves managing our thoughts, feelings and behaviors in such a way that we

prevent stress, frustration or anger from overwhelming us.

Composure helps us think more clearly, make better decisions and respond effectively to difficult situations.

It also promotes a sense of peace, relaxation and well-being.

Some useful tips that will help you keep your cool in difficult situations are the following:

1. Practice mindfulness and deep breathing: Taking slow, deep breaths and focusing on the present moment can help calm the mind and reduce stress.

2. Exercise regularly: Physical activity has been shown to have a positive effect on mental health and can help relieve stress and anxiety.

3. Try and find a healthy outlet for stress: Whether it's creative pursuits like art or writing, talking with a friend, or engaging in a relaxing hobby. If you manage to relieve your stress easily, pleasantly and creatively, you will see that many things in your life will start to become much easier and you will live more peacefully, calmly and creatively.

The psychology of success is the study of the mental and emotional factors that contribute to achieving success in various aspects of life, including career, relationships, and personal development.

Some of the most important ingredients and factors that can contribute to success:

Have a positive mindset: A positive mindset can help you overcome challenges, stay motivated and focus on opportunities rather than obstacles. Positive thinking can help you cultivate resilience and perseverance, which are essential for success.

Set goals: Setting specific and achievable goals can help you stay focused and motivated and give you a clear sense of direction. Goals should be broken down into smaller, more manageable steps and reviewed regularly to ensure progress.

Be able to motivate yourself when you fall: Success requires internal motivation and drive, rather than relying solely on external factors. It involves cultivating a sense of personal responsibility and taking initiative to achieve your goals.

Have self-discipline: Discipline is the ability to stay focused and committed to your goals, even when doing so is difficult or inconvenient. It includes organization, developing good habits and setting priorities.

Resilience: Resilience is the ability to bounce back from setbacks and failures. It involves learning from mistakes, maintaining a positive attitude and staying focused on your goals.

Have emotional intelligence: Emotional intelligence is the ability to recognize and manage your own emotions, as well as the emotions of others. It includes developing good communication skills, building positive relationships and empathy.

Living with mindfulness (mindfulness): Mindfulness involves being fully present in the moment and aware of your thoughts, feelings and surroundings. It can help you reduce stress, improve focus and make better decisions.

Remember that Mentoring is not for people who have a problem but for people who have a vision!