

# Become a Mentee!



The CRIEC/BVC Mentoring Collaborative brings internationally trained professionals (ITPs) together with their Canadian counterparts in occupation-specific mentoring relationships. ITPs gain job search strategies, build professional networks, and acquire the tools necessary to secure employment commensurate with their education, experience and skills.

## Who Are Mentees?

A mentee is an internationally trained professional who is seeking guidance to find employment in Calgary.

Mentees:

- Are Permanent Residents
- Have a minimum of three years' experience in their area of expertise
- Are unemployed or underemployed
- Possess the English skills necessary to perform in the workplace (Canadian Language Benchmark Level 7 or higher – or equivalent)
- Have time to commit to a mentoring relationship

## Who Are CRIEC/BVC Mentors?

A mentor is an established professional who is eager and willing to set aside time to develop a supportive professional relationship with a mentee.

## Mentors help their mentees:

- Learn about the Calgary job market and become familiar with industry and occupation-specific information
- Determine if professional designation is applicable/required
- Develop their professional networking and job search strategies
- Explore their transferable skills
- Develop an understanding of the Canadian workplace culture/communication
- Set realistic career goals and establish a plan of action to achieve them
- Share their cultural and professional perspectives with their mentor

## What Happens After the Mentoring Match?

Mentors and mentees will:

- Attend a 30-minute mentoring orientation which outlines roles and expectations (usually as part of the first mentoring meeting with the mentee).
- Receive a mentoring handbook during the orientation, which includes a mentoring roadmap that provides guidance for the mentoring partnership.
- Meet 1 to 1.5 hours each week from 1 to 4 months (therefore mentoring partnerships can last from 4 to 16 weeks).
- Set mentoring meetings during the workday.

## Support and Resources

Mentees are encouraged to attend workshops offered by CRIEC and its partners. Mentees can contact the CRIEC/BVC team for support.

## Registration Process

Internationally trained professionals interested in participating as mentees will be assessed for eligibility based on program criteria/requirements.

**To Register, please send an updated résumé to:**  
**Chenwei Lian**  
[clian@bowvalleycollege.ca](mailto:clian@bowvalleycollege.ca)



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