

Mentoring – A Great Way To Grow

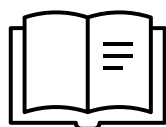


'It would be a real encouragement to have another Christian who understands my work in healthcare to walk and pray with me.'

Life is full of challenges, opportunities and sometimes crises. How we navigate these depends on many factors. For Christians in healthcare there are unique responsibilities and stresses as well as amazing privileges as we serve others. Research has shown that resilient faith in Christians is associated primarily with an authentic relationship with Christ. Another key factor, however, is to have meaningful inter-generational or peer to peer supportive relationships with other Christians. Whatever stage of professional life we are at there will be transitions, opportunities, and challenges. Would it help to have a mentor?

Christian Healthcare Mentoring

Rates of stress and burnout are high and disillusionment with working in the NHS is common. Encouragement from another believer can help a Christian to grow in the Lord and to keep their eyes fixed on Jesus. It can be invaluable to have a space in which we can evaluate challenges that we face in our daily working lives.



The Bible says much about this. Many scriptures instruct us to encourage one another. This means not just that we should give encouragement but that we should also receive it! Paul sends Barnabas to encourage the Christians to remain true to the Lord. He sends Timothy to strengthen believers in their trials. Jesus walks with the two disciples to Emmaus and helps them understand. Mordecai and Esther, Ruth and Naomi and Moses and Joshua are other notable examples of believers walking together.

How can CMF Help with Mentoring?

At CMF we are committed to nurturing mentoring relationships of this sort. We have different streams to try and cover the varied needs of our members.

The **National Mentoring Scheme** is coordinated centrally from CMF Office. The mentors are all CMF Pastoral Partners who have volunteered, received special training and have been recognised for the role. You can access this scheme by self-referral or via your Catalyst Team. The Pastoral Partners (PP's) have specific areas of experience and this kind of mentoring relationship is good when there are specific issues, for example related to a speciality or when there is no local scheme available.

Local Mentoring Networks are a new venture run through Catalyst Teams. Mentors volunteer and must be approved by the Catalyst Team and their church. A Catalyst Team member will facilitate 'matching' and keeps an up-to-date list of mentors and mentees. This kind of mentoring is good for local peer to peer mentoring and informal contacts.

Micro-Mentoring is a new concept whereby CMF Mentors with special interests and experience make themselves available for a single mentoring conversation. 'Being a Christian in Research,' 'Going to Court' or 'Being a patient' are examples of special experience that mentors have offered to talk about. We are building a bank of these 'Micro-Mentoring' opportunities to list on our web site.

What's Involved?

Every mentoring relationship is individual. We don't have a set formula and meetings may be informal or structured, as necessary. For some only a few meetings are required, whilst for others mentoring may continue for years. We recommend that the situation is reviewed every 6 months.

As a minimum to make it work, we recommend that you have telephone contact with your mentor once a month and an online or face to face meeting once a term. You may agree to meet more frequently of course, by mutual agreement.

Want to take things further?

You can make an enquiry directly through our website: <https://www.cmf.org.uk/doctors/cmf-local-contacts/>. Use the #Mentoring heading, tell us what you are interested in and we will get back in touch with you. Alternatively contact your local Catalyst Team and the Pastoral Catalyst will be able to help you.

We ask you to complete a simple form to apply to the schemes to help with matching and we do actively seek feedback from mentors and mentees for good governance.

CMF Mentoring is ordinarily only available to CMF Members, but where we have capacity, we will try to accommodate non-members referred by their local Catalyst Teams.

So....

Whatever your situation, may we encourage you to prayerfully consider if seeking a mentor is right for you and we pray that you will encounter the person the Lord has prepared for you.