



## Why become a mentor or mentee?

A mentorship program helps build a professional association and personal rapport between the mentor and mentee. Mentors are able to share their experiences and insights to help the mentee grow professionally. Through the mentorship program, the mentor and mentee dyad will work towards reaching a specific goal set among themselves.

### Why be a MENTEE?

**There are many benefits to being a mentee:**

- Gain insights and learn from someone who is experienced in the field
- Develop professional relationships
- Foster professional growth and career development
- Have someone to share your ideas with and to challenge you to grow
- Receive guidance and support
- Gain a deeper understanding of the profession

### Why be a MENTOR?

**Being a mentor is an equally rewarding experience:**

- Learn and develop leadership skills
- Increase awareness of different thoughts and opinions
- Expand your professional network
- Gain knowledge of the newer trends of the profession
- Challenge the mentee and encourage growth
- Provides satisfaction and fulfillment

### About the DDPG Mentorship Program

This mentorship program is funded through the inclusion, diversity, equity and access (IDEA) mini-grant.

The United States is an increasingly diverse country; diabetes disproportionately affects people of color as well as those who have lower education level attainment and with lower income. One's culture, background, and experiences are closely linked to food choices. To provide better nutrition and diabetes care for people with diabetes and prediabetes, it is important for dietetics professionals to cultivate cultural humility.

Through this mentorship program, we hope that you will be better equipped to provide care for people across all backgrounds, and to have greater appreciation of the uniqueness that different people bring to the profession.