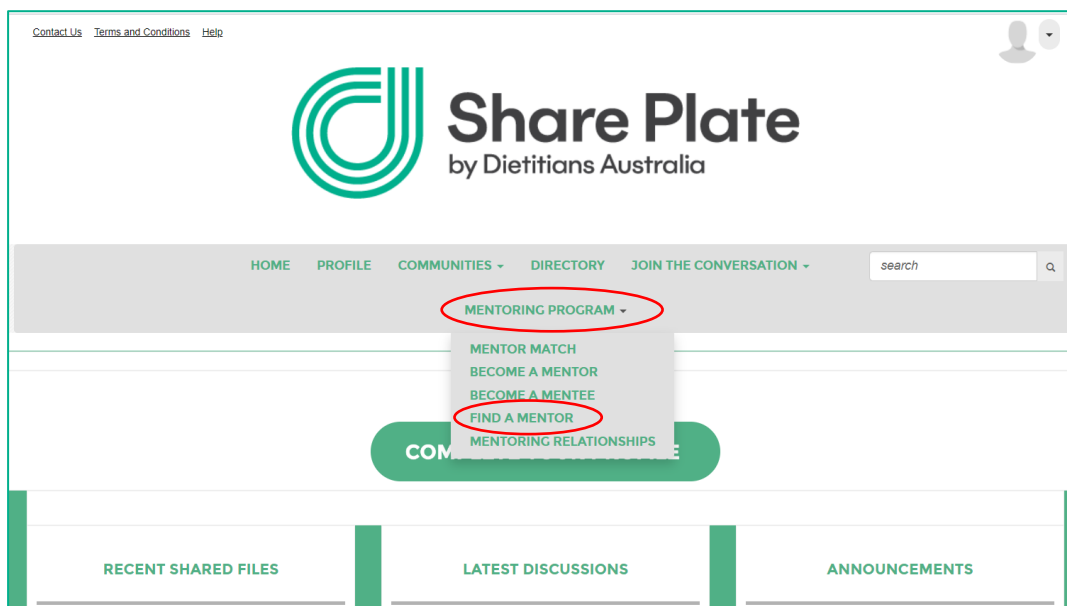


# How to Find a Mentor

Once you have finished creating your Mentee Profile, you are now ready to use the Mentor Program Directory to search for suitable mentors.

## Using the 'Find a Mentor' search system

From the menu, select 'MENTORING PROGRAM' and then click on 'FIND A MENTOR' from the drop-down menu.



Here you can search for a mentor under one or several of the following search areas

- Area of practice
- Population group
- Preferred method of contact
- The level of professional experience your ideal mentor has
- Preferred location of your mentor (both in Australia or overseas)

For each of these areas, you have the option to search for 'ANY of the selected values' or search for 'ALL of the selected values'.

You can also search for a particular mentor directly via name or contact details

Similar to setting up your Mentee profile, you can select/ unselect the check boxes as needed.

HOME PROFILE COMMUNITIES ▾ DIRECTORY JOIN THE CONVERSATION ▾ search

MENTORING PROGRAM ▾

## FIND A MENTOR

**INSTRUCTIONS**

If you're [enrolled as a mentee](#) in [Mentor Match](#), you're ready to search our database of participating mentors. These mentors are ready to provide you with the resources, tools and support to help you succeed in your career.

**HOW TO FIND A MENTOR**

1. Start your search by selecting preferences from the criteria listed below. Click the 'Find mentors' button at the bottom of the page. To return a larger pool of mentors, limit your preferences to the most important ones. The more specific you are in your requirements, the smaller your pool of potential mentors.
2. Check out your search results. Click on their member profiles to learn more about them. You can also introduce yourself before establishing a mentoring partnership. Click the 'Send Message' button to open up a messaging form.
3. Select the mentor you think best suits you and click on the 'Send mentor request' button underneath their profile picture. This will bring you to a page where you can send them an invitation to mentor you.

Once your invitation is accepted you can begin your mentoring relationship.

**FIND A MENTOR**

Select the areas in which you would like to receive mentoring:

Search for ANY of the selected values  Search for ALL of the selected values

<input type="checkbox"/> Addiction	<input type="checkbox"/> Eating Disorders	<input type="checkbox"/> Mental Health
<input type="checkbox"/> Allergy and Food Sensitivity, including FODMAPS	<input type="checkbox"/> Endocrinological Disorders incl. diabetes, PCOS	<input type="checkbox"/> Metabolic Disorders
<input type="checkbox"/> Anaemia	<input type="checkbox"/> Food Industry	<input type="checkbox"/> Neurological Disorders

Once you have made your selection, click 'FIND MENTOR' at the bottom of the webpage to run your search.

This particular example uses a search via an individual name 'MentorTest'.

HOME PROFILE COMMUNITIES ▾ DIRECTORY JOIN THE CONVERSATION ▾ search

MENTORING PROGRAM ▾

<input type="checkbox"/> ACT	<input type="checkbox"/> QLD	<input type="checkbox"/> VIC
<input type="checkbox"/> NSW	<input type="checkbox"/> SA	<input type="checkbox"/> WA
<input type="checkbox"/> NT	<input type="checkbox"/> TAS	

Preferred mentor location (Overseas)

Search for ANY of the selected values  Search for ALL of the selected values

<input type="checkbox"/> Abu Dhabi	<input type="checkbox"/> Hong Kong	<input type="checkbox"/> Singapore
<input type="checkbox"/> Canada	<input type="checkbox"/> Malaysia	<input type="checkbox"/> United Kingdom
<input type="checkbox"/> China	<input type="checkbox"/> New Zealand	<input type="checkbox"/> USA

**NAME**

First/Middle Name

Last Name

Email Address

Find People  Find Companies  Find Both

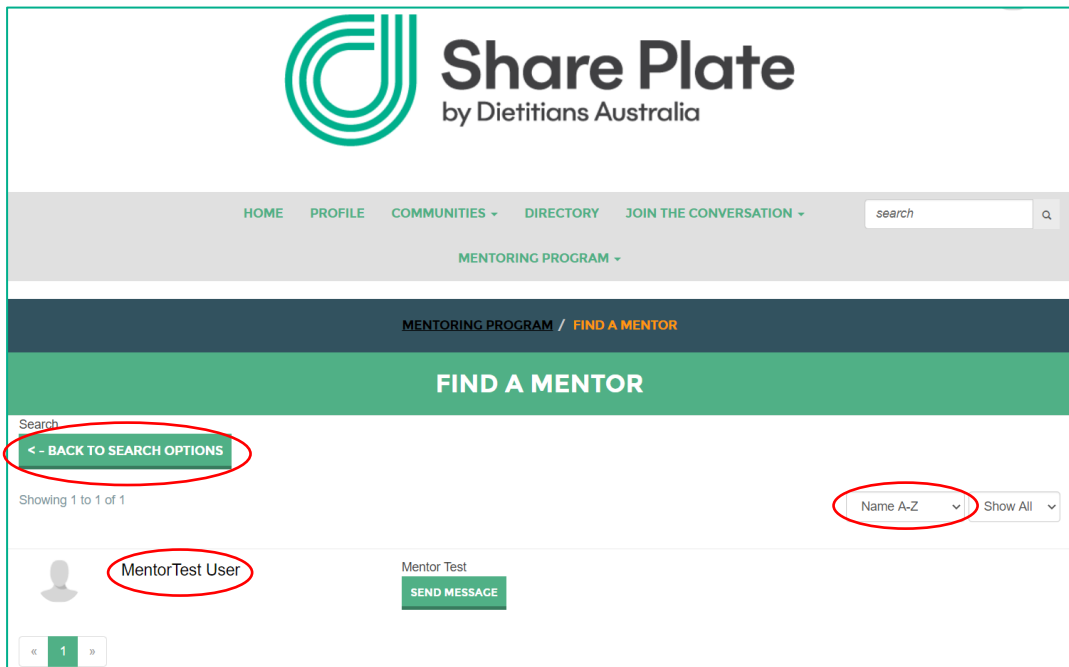
Search

**FIND MENTORS** **CLEAR ALL**

This will then bring up a list of mentors as per your search requirements. The broader your search, the more options you will receive. You can filter your search via the options in the top right-hand corner (e.g. filter via Name, A-Z) of the search section.

Alternatively, you can refine your search by selecting the 'BACK TO SEARCH OPTIONS' button.

To find more out about a potential mentor, click on their name to view their mentor profile.



Share Plate  
by Dietitians Australia

HOME PROFILE COMMUNITIES DIRECTORY JOIN THE CONVERSATION search

MENTORING PROGRAM

MENTORING PROGRAM / FIND A MENTOR

FIND A MENTOR

Search

< - BACK TO SEARCH OPTIONS

Showing 1 to 1 of 1

Name A-Z Show All

MentorTest User

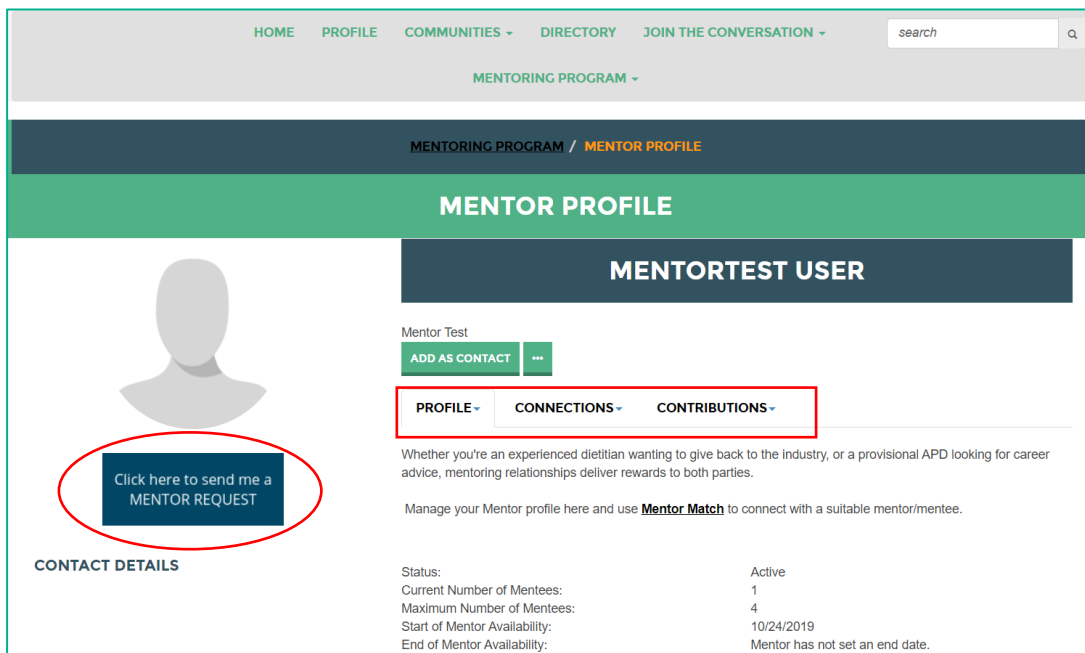
Mentor Test

SEND MESSAGE

1

When viewing a potential Mentor's profile, you will be able to see their current mentoring status, availability to take on new mentees, as well as their practice areas of interest, as per the information provided in their profile. You can also use the profile tabs, to view their Share Plate profile, and contributions (such as their professional achievements).

If you feel the potential mentor will be a good mentor match you can send them a mentor request, by clicking the blue 'Click here to send me a Mentor Request' button below their profile picture.



HOME PROFILE COMMUNITIES DIRECTORY JOIN THE CONVERSATION search

MENTORING PROGRAM

MENTORING PROGRAM / MENTOR PROFILE

MENTOR PROFILE

MENTORTEST USER

Mentor Test

ADD AS CONTACT

PROFILE CONNECTIONS CONTRIBUTIONS

Whether you're an experienced dietitian wanting to give back to the industry, or a provisional APD looking for career advice, mentoring relationships deliver rewards to both parties.

Manage your Mentor profile here and use [Mentor Match](#) to connect with a suitable mentor/mentee.

CONTACT DETAILS

Status:	Active
Current Number of Mentees:	1
Maximum Number of Mentees:	4
Start of Mentor Availability:	10/24/2019
End of Mentor Availability:	Mentor has not set an end date.

Click here to send me a MENTOR REQUEST

This will take you to the 'Send a Mentoring Message' webpage, where you can submit a formal mentoring request to a potential mentor. You may also wish to include a personal message, to provide insight into the mentoring match, and what you're looking to achieve during the mentoring relationship. Click 'Send' to contact the Mentor.

This request will then be sent to the mentor for their review.

**SEND A MENTORING MESSAGE**

To: MentorTest User  
 Subject: Sophie Mason has requested you to be their mentor in Dietitians Association of Australia  
 Message: Mentor Request  
 -----  
 Sophie Mason has requested you to be their mentor. To view their profile, please visit  
<http://shareplate.dietitiansaustralia.org.au/profile?UserKey=2c2e1b5b-84a1-4e3c-ad7f-ba606aa02b2a>  
 Please visit the [My Mentoring Relationships](#) page to accept or decline this request.

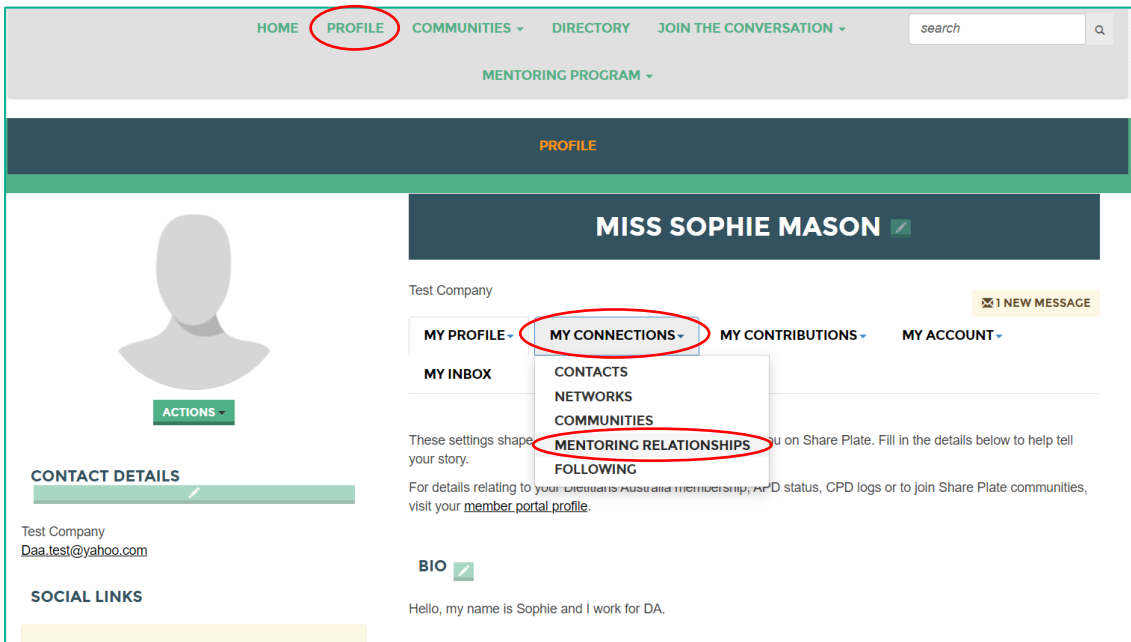
Personal Message

**SEND** CANCEL

## Keeping track of your mentoring relationships

You can view your mentoring relationships through your Share Plate profile.

Select 'PROFILE' from the main menu, which will take you to your Share Plate profile. Then, click on the 'MY CONNECTIONS' tab, and select 'MENTORING RELATIONSHIPS' from the drop-down menu.



HOME **PROFILE** COMMUNITIES ▾ DIRECTORY JOIN THE CONVERSATION ▾  Q

MENTORING PROGRAM ▾

**PROFILE**

**MISS SOPHIE MASON** ✓

Test Company ✉ 1 NEW MESSAGE

MY PROFILE ▾ **MY CONNECTIONS ▾** MY CONTRIBUTIONS ▾ MY ACCOUNT ▾

MY INBOX

CONTACTS  
 NETWORKS  
 COMMUNITIES  
**MENTORING RELATIONSHIPS**  
 FOLLOWING

These settings shape your profile on Share Plate. Fill in the details below to help tell your story.  
 For details relating to your membership, CPD status, CPD logs or to join Share Plate communities, visit your [member portal profile](#).

**BIO** ✓

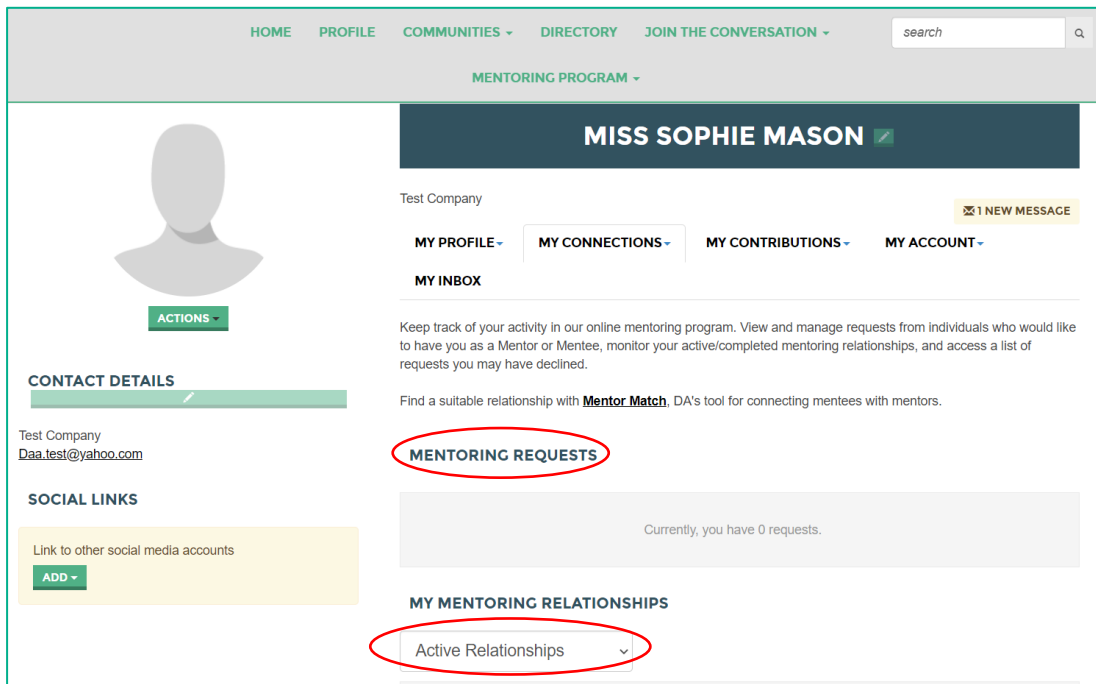
Hello, my name is Sophie and I work for DA.

**CONTACT DETAILS**

Test Company  
 Daa.test@yahoo.com

**SOCIAL LINKS**

This will take you through to view your Mentoring Relationships. Here you can keep track of your mentoring requests, as well as view your current and past mentoring relationships. Click on the drop-down box under 'My Mentoring Relationships' to filter and view your active, concluded, declined and abandoned mentoring relationships.



The screenshot shows the user profile for Miss Sophie Mason in the Mentoring Program. The interface includes a navigation bar with links for HOME, PROFILE, COMMUNITIES, DIRECTORY, and JOIN THE CONVERSATION, along with a search bar. The profile header displays the name 'MISS SOPHIE MASON' and a verified status. Below the name, there is a 'Test Company' label and a '1 NEW MESSAGE' notification. The profile is divided into sections: 'MY PROFILE', 'MY CONNECTIONS', 'MY CONTRIBUTIONS', and 'MY ACCOUNT'. A 'MY INBOX' section provides instructions on how to manage mentoring requests and mentions the 'Mentor Match' tool. A red circle highlights the 'MENTORING REQUESTS' link. Below this, a message states 'Currently, you have 0 requests.' The 'MY MENTORING RELATIONSHIPS' section features a dropdown menu with 'Active Relationships' selected, also highlighted with a red circle. On the left side, there are sections for 'CONTACT DETAILS' (showing 'Daa.test@yahoo.com') and 'SOCIAL LINKS' (with an 'ADD' button).

For any questions about the Mentoring Program or Mentor Match, please view the [Mentoring section of your Member Portal](#), or contact the APD team via [apd@dietitiansaustralia.org.au](mailto:apd@dietitiansaustralia.org.au)