

## MENTOR

A mentor is a wise and trusted teacher, an influential senior supporter.

“Mentorship is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person. The mentor may be older or younger, but have a certain area of expertise.”

## BEING A MENTOREE

Finding a mentor is one of the most important strategic career decisions you can make. Many renowned professionals have attributed their success to having had a mentor who took a personal interest in working with them during their career.

**There are so many benefits of using mentoring in career development, including the following:**

- Gaining from your mentor's expertise
- Receiving critical feedback in key areas, such as communications, interpersonal relationships,

technical abilities, change management, and leadership skills.

- Developing a sharper focus on what you need to grow professionally within your organization or elsewhere.
- Learning specific skills and knowledge that are relevant to professional and personal goals.
- Networking with a more influential employee.
- Gaining knowledge about your organization's culture and unspoken rules that can be critical for success and therefore adapting more quickly to your organization's culture.
- Having a friendly ear with which to share frustrations as well as successes.

### NBDAA

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Shediac, NB  
E4P 8W5

Phone: 506-532-9189  
Fax: 506-532-3635  
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[www.nbdaa.ca](http://www.nbdaa.ca)



ARE YOU A  
MENTOR? OR A  
MENTOREE?

# MENTORSHIP

A mentor will help you with:

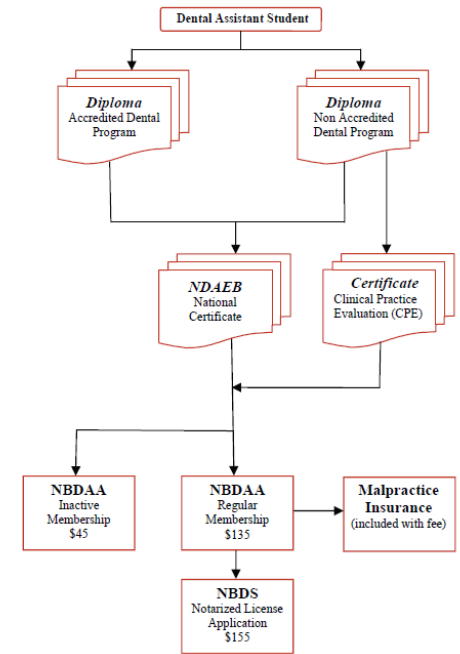
- Your licensure with NBDS in Fredericton (506) 452-8575
- Professional work ethic
- Attend meetings together
- Promote the local meetings
- Interpersonal relationships at work
- Any legal matters are to be referred to the registrar, Dan Léger at NBDS
- General personal matters at work
- Make sure you understand by-law 17 when working with a self initiated dental hygienist

## Would you like to become a mentor?

Qualifications to become a mentor is:

- 3 to 5 years of experience as a dental assistant
- Mentors are not experts but can direct the mentorees in the right direction.

### PROCESS FROM DENTAL ASSISTING STUDENT TO A CERTIFIED DENTAL ASSISTANT LEVEL II IN NB



#### NBDAA MEMBERSHIP

- Copy of dental assisting diploma
- Copy of NDAEB Certificate
- Copy of CPE Certificate (if applicable)
- Membership Renewal Application
- \$155.00 (cheque, money order, Visa, MasterCard)

Mail to:

New Brunswick Dental Assistants' Association  
P.O. Box 8997  
Shediac, NB E4P 8W5

Toll Free Phone: 1-866-530-9189  
E-mail: bernioff@nb.sympatico.ca  
Website: www.nbdaa.ca

#### NBDS LICENSE

- Copy of dental assisting diploma
- Copy of NDAEB Certificate
- Copy of CPE Certificate (if applicable)
- License Application
- \$155.00 (cheque or money order)

Mail to:

New Brunswick Dental Society  
520 King Street, #820, P.O. Box 488, Station "A"  
Fredericton, NB E3B 4Z9

Phone: (506) 452-8575 Fax: (506) 452-1872  
E-mail: nbds@nb.aibn.com  
Website: www.nbdental.com

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