

# MASSACHUSETTS ATTORNEY MENTORING PROGRAM

## SJC Standing Committee on Lawyer Well-Being



Attorney Connect



Mentor Connect

### Overview

#### The Massachusetts Attorney Mentoring Program is about:

- Advice
- Networking
- Perspective
- Guidance
- Support
- Problem solving
- Professional development
- Personal growth

#### The Massachusetts Attorney Mentoring Program is NOT about:

- Substantive legal issues or questions
- Specific legal advice or strategy on individual cases
- Advertising or selling services
- Applying for a specific job

#### **Attorney Connect is about:**

- Engaging fully for a one-hour meeting.
- Formulating short and long-term goals.
- Letting the mentee direct the course of the discussion.
- Summarizing the content of your discussion before ending the meeting.
- Expressing gratitude to one another for the time and collaboration.
- Deciding if there will be any follow up, and if so, what type.

#### **Mentor Connect is about:**

- Sketching out a plan for the six meetings to meet the mentee's overall and specific goals.
- Keeping in mind that with six meetings there is time to go deeper into issues of professional development and personal growth, including well-being, stress management, identity, and bias.
- Paying attention to progress toward the mentee's goals during and after each meeting, and redirecting the course of the discussions, as necessary.
- Maintaining professional boundaries.
- Scheduling the next meeting at the close of each meeting.
- Deciding if there will be any follow up, and if so, what type.