

# Mentor-Protégé Workshops train researchers to be effective mentors

Posted on 09/14/16 at 12:56 pm



Evaluation results showed that participants gained a great deal of confidence in their mentoring self-efficacy.

The CTSA Workforce Development core conducted a Mentor-Protégé Mentoring Workshop series from February through July of 2016.

The Mentoring Workshop was developed by the KL2 Leadership Team. It takes a hybrid training approach, consisting of two face-to-face and four online modules for mentor-protégé teams. The sessions included readings of review articles and textbooks regarding the importance of mentoring for clinical and translational scientists, videos, narrated presentations, moderated discussion forums and group activities.

About 10 mentor-protégé teams participated. Participants were required to spend 30 minutes weekly and engage in online learning activities. The online modules have been created in the university's learning management system, Blackboard.

The four modules focused on: defining and monitoring the mentoring relationship, supporting the protégé as an independent professional, communicating effectively and continuous career development.

Evaluation results showed that participants gained a great deal of confidence in their mentoring self-efficacy from the beginning of the program to its conclusion. Ratings in communication and relationship management, psychosocial support, career and professional development, and clinical and translational investigator development all showed significant gains.

For more information about the Mentor-Protégé Mentoring Workshop series, contact Scientific Workforce Specialist for the KL2 and CTSA awards Shaweta Gupta, PhD, at [sg98@buffalo.edu](mailto:sg98@buffalo.edu) or [sg98@buffalo.edu](mailto:sg98@buffalo.edu).

