

**HDN SW Mentoring Programme 2016-2017: Ground rules, Class 1, 8th
December 2016**

- **Confidential**
- **Trust**
- **Open**
- **Honesty**
- **Respect**
- **Active listening**
- **Participation**
- **Concentration**
- **Nothing is a stupid question**
- **Have a go – try it!**
- **Try something different**
- **Taking responsibility for yourself**
- **Sharing examples**
- **Constructive challenge**
- **Fun**

Nb 2015 groundules

- *Support each other*
- *Allow others time to speak*
- *Mentors interact with mentees and share*
- *Open to other people's ideas and thoughts and new ways of thinking*
- *Safe space – trust and confidentiality*
- *Encourage/ respect different levels of contribution*
- *Be curious/ ask questions/ ask for more*