

# Mentor with CRIEC

You can make a difference in the life of a newcomer professional in Calgary.

CRIEC (Calgary Region Immigrant Employment Council) offers classic peer-to-peer mentoring. You are connected with newcomer professionals (skilled immigrants) in Calgary who could use your guidance as they dive into the local job market and search for meaningful employment.

**As a mentor**, it is an opportunity to enhance your **own professional development, grow leadership and coaching skills, polish your listening skills and better understand cross-cultural challenges** in the workplace.

Mentors are established professionals in Calgary who have:

- /// At least two years of experience in his or her field of expertise
- /// Professional networks and (where applicable) belong to professional associations
- /// The willing nature to listen, offer encouragement and be supportive

## You choose the best way to mentor

### 1. One-on-one

- /// A flexible 4 – 16 week program, where mentors connect with their mentees for approximately 1 hour per week. The times are often during the week and are set by the mentor.

### 2. MentoringCircles

- /// A shorter mentoring commitment, where a group of mentors meet a cohort of mentees once per week for a set 5 – 6 week program. These MentoringCircles are facilitated by CRIEC staff.

### 3. Connector Meetings

- /// A lot can be shared in just one meeting. A Connector Meeting is a one-time coffee meetup, where the mentor listens and shares guidance. It's also helpful that the mentor think of another connector for the mentee to meet with.

## Mentors help their Mentees

- /// Learn about the Calgary job market and become familiar with industry information, without finding them employment
- /// Develop their professional networking and job search strategies
- /// Explore their transferable skills
- /// Develop an understanding of the Canadian workplace culture/communication
- /// Set realistic career goals and establish a plan of action to achieve them
- /// Share their cultural and professional perspectives

### Are you ready?

CRIEC is here to offer support and resources along the way.

**Sign up today!** Drop us a line at [mentor@criec.ca](mailto:mentor@criec.ca) to connect with us, and we will be in touch.

CRIEC builds pathways  
and **positive relationships** between Calgary employers  
and **internationally trained professionals (ITPs)**  
that **encourage hiring and retention.**

**"If opportunity doesn't knock,  
build a door."**

Milton Berle

# CRIEC

Visit [criec.ca](http://criec.ca) to learn more



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and Citizenship Canada

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