



Professional Mentoring Course

Nurse Practitioners New Zealand

13th & 14th November 2023 | 13th & 14th March 2024 | 19th & 20th September 2024

What is Professional Mentoring?

A professional mentor is an expert 'insider' who provides formal leadership, guidance, support, clear advice and direction to a mentee. The mentee may be a colleague, a student or a beginning practitioner who is going through a transition period within their role, re-defining their professional identity and evolving their skill set. The mentee may have formerly been an expert in their previous field and may now have some qualities of a novice within their current role.

Providing professional mentoring is a time-bounded relational practice that offers practitioners a safe space for development and reflection and may include harnessing what goes well; unpacking challenges; developing professional goals and recognising self-strengths, connections and strategies to resource and sustain self-care and care ethics.

Fundamental to mentorship is the recognition that safe practice begins with self-awareness. Culturally safe mentorship in Aotearoa includes the capacity to work in partnership with Māori, with awareness of Te Tiriti o Waitangi, Māori health, inequities, and social justice. The practice of providing professional mentorship to mentees is enriched through drawing on the Māori concept of the tuakana-teina relationship, where there is mutual respect and appreciation of the wealth of knowledge and experience each brings to the process, and where both are engaged in the creativity of being life-long learners, with all the uncertainty and curiosity that are part of this positioning.

Limited spaces available

What is this course about?

This two-day highly interactive short course provides a community of supportive practice to explore a toolkit that equips health professionals with frameworks and key communication skills to facilitate professional mentorship.

The confidential small group context provides an excellent opportunity to experiment with all of the components of mentorships and will equip you with the skills to develop your own mentorship practice.

This course does not include role-plays (acting out imagined scenarios) but rather focuses on participants sharing anonymised real-life situations in pairs. Participants are provided with a soft-copy manual and are emailed a range of resources and pre-course readings.

This two-day short course with the additional readings amounts to 22 hours of professional development. A Certificate of Completion will be issued.

Who is this course for?

The course is designed to upskill Nurse Practitioners, Doctors and other Senior Practitioners involved in the mentorship of Nurse Practitioners who are working in a mentor-mentee relationship. It is also for those who would like to develop skills in professional mentor practice and support mentees in the clinical setting. The course is most suited to those who value empathic and courageous conversations and who want to support others along their learning journey and their career development.

To register please click on the following link: <https://www.nurse.org.nz/workshops.html>

For further information contact: support@nurse.org.nz

Course Learning Outcomes:

- Cultivate an optimal relational climate for mentorship.
- Facilitate critical reflection in mentorship practice.
- Draw on strengths-based approaches and appreciative inquiry.
- Integrate activities that explore all dimensions of mentorship practice.
- Identify the scope and boundaries of the mentor-mentee role.
- Critically reflect on te Tiriti o Waitangi, Māori health, diversity, and social justice within mentorship practice .
- Identify the importance of Kaupapa Māori mentorship and cultural mentorship.
- Identify the significance of professional regulation with relation to mentorship.

Dates and Locations

Christchurch 2023

The Elms, Papanui Road, Christchurch
13 & 14 November 2023
8.45am-4.00pm

Auckland 2024

Venue to be advised
13 & 14 March 2024
8.45am-4.00pm

Wellington 2024

Venue to be advised
9 & 10 September 2024
8.45am-4.00pm

Cost: \$700.00 incl gst

***College member rate \$600.00 incl gst**

Morning tea, afternoon tea and lunch is included, please advise any dietary requirements



Catherine Cook
(she/her)

RN, RM, PhD
M. Counselling
Associate Professor,
School of Clinical
Sciences, AUT
Fellow of the College
of Nurses (Aotearoa NZ)

About the Facilitator

Catherine identifies as Pākehā on a tangata Tiriti journey. After decades of clinical practice as a nurse, midwife, and counsellor she moved to an academic role.

Catherine has a strong interest in care ethics, cultivating emotional intelligence, and the role of critical reflection in enhancing communication and service-user safety. She has substantial experience providing professional supervision and mentorship to various health professionals as part of her consultancy work.

Catherine is a skilled educator with extensive experience facilitating short courses. Her commitment to collaborative and creative learning environments ensures that this short course provides an engaging and supportive environment full of practice opportunities.



Chelsea Willmott
(she/her)

BN, PG Dip, MN
Nurse Practitioner
Lecturer | Academic

About the Facilitator

Chelsea is an experienced health care manager, skilled nursing and medical educator, senior lecturer and writer.

She has over a decade of experience working as an academic and mentor, supporting the development and upskilling of a range of health professionals. Chelsea is passionate about generating change, challenging the status quo and advancing the health workforce in New Zealand.

Chelsea is a rural nurse practitioner and also works for the Victoria University of Wellington in the National Nurse Practitioner Training Program (NPTP) as a lecturer and clinical practice advisor.

She is on the NPNZ executive and is currently leading the national mentorship and professional development programme for NPNZ.

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