



Confidentiality and trust

Building trust is key to a strong mentoring relationship. This activity helps you reflect on confidentiality, discuss its importance, and create clear agreements with your mentee to ensure a safe and respectful mentoring space.

Process:

1. Trust-Building Reflection (10-15 min)

- In a group: Sit in a circle and share examples of times when confidentiality was respected or violated (without naming individuals).
- Discuss: How did confidentiality impact trust? What could have been done better?
- *Alone: Reflect on a situation where confidentiality was important in a mentoring or professional setting. Write down lessons learned and how trust was affected.*

2. Define Confidentiality in Mentoring (5-10 min)

- Discuss or reflect on: What does confidentiality mean in your mentoring relationship?
- Identify key topics that should remain private (e.g., personal challenges, career concerns).

3. Create a Confidentiality Agreement (5-10 min)

- In a group: Work together to create a confidentiality agreement that outlines what will be kept private and how trust will be maintained. This can be written or visual (e.g., a poster).
- *Alone: Draft a simple confidentiality statement for yourself and discuss it with your mentee at your next session.*

Reflection Prompt:

- "Think of a moment when someone placed their trust in you. What actions did you take to maintain confidentiality and respect?"

Journaling or Discussion:

- Write personal reflections in a journal.
- Discuss in pairs or groups to share key insights and strategies for trust-building.

