

## Cultivating Mentors, Workshop A

This 2-hour workshop focuses on *giving and receiving critical feedback* in an effort to equip mentors in the biological sciences with the skills to infuse their professional relationships and spaces with the *core mentoring principle of humility*, thus contributing to establishing a culture in which all members thrive and next generation leaders are nurtured.

**Introduction** (10 min)

Grounding Intentions:

**Interaction:**  
**Empathy**  
**Storytelling** (15 min)

Observations:

**1st Scenario: Giving**  
**Critical Feedback**  
(25 min)

Perspective-Taking Exercise: Thought Bubbles

Naming Notable Themes and Dynamics

Bio Break (5 min)

**2nd Scenario:  
Receiving Critical  
Feedback (25 min)**

Perspective-Taking Exercise: Thought Bubbles

Naming Notable Themes and Dynamics

**Discussion (30 min)**

**Personal Summary  
& Next Steps**