



UNIVERSITY OF  
CALGARY

# REALISE COMMUNITY MENTORSHIP PROGRAM

The REALISE Community Mentorship Program provides a valuable opportunity for REALISE trainees to learn from Calgary's most engaged and dynamic leaders. We partner eligible graduate students and postdoctoral scholars with professionals who can provide insights into the business world and broader community, helping our trainees achieve their potential as they transition into their future careers.



## Fostering Meaningful Mentoring Relationships

The REALISE Community Mentorship Program provides the support and guidance needed for our students and postdoctoral scholars to go on to become Calgary's future leaders. REALISE mentoring partnerships foster new interactions for mutually beneficial personal and professional growth.

**REALISE Mentees** are enthusiastic high achievers who are poised to raise the bar in any vocation. Mentoring partnerships provide them with the opportunity to engage with the local community and further hone their networking and professional skills.

**REALISE Mentors** are leaders in the community who come from a variety of professional disciplines. They inspire and shape the next generation, helping mentees discover their strengths through coaching and shared experiences.

Community mentors are paired, by mutual agreement, with a qualified REALISE trainee for approximately six to eight months. To make the most of the relationship, we recommend that mentor and mentee meet approximately once every six weeks. These meetings might include: community engagement or networking opportunities, coffee meetings, speaker seminars, workplace visits or attending REALISE-sponsored mentorship events.



# PARTNERS IN SUCCESS



From the moment she walked into Nicole Sherren's office, Erin Mazerolle knew that the REALISE Community Mentorship program was going to provide her with one of the most rewarding experiences of her postdoctorate career.

"Her desk was covered in pipe cleaners," she says. "It looked liked she was getting ready for science camp. I've done a lot of work with getting kids interested in science, especially girls and other populations that are under-represented. I just thought, 'This is going to go so well!'"

Mazerolle applied for the Community Mentorship program with the goal of learning more about how science can effectively inform public policy. Being matched with Sherren, the scientific director and program officer for the Palix Foundation, gave her the opportunity to see how to effectively communicate scientific knowledge to a lay audience, a skill she says she can use regardless of her future career path.

"REALISE and, in particular, this mentorship program, is easily the most valuable professional development initiative I've ever participated in," she says. "Academic positions are hard to come by. This has given me so much confidence in my ability to transfer my skills to different sectors."

Sherren says becoming a mentor has been even more rewarding than she expected.

"I thought I might be giving more than I got," she says, "but I definitely found the relationship to be a two-way street. I really enjoyed getting to know Erin on a personal level, having conversations with her and seeing her consider some of the same questions I was considering a number of years ago. Being able to act as a sounding board for her has just been fantastic."

Sherren says becoming a mentor gives community members an opportunity to meet and get to know potential colleagues or employees, and see the practical value of graduate education.

"You don't need to have a science background to do that," she says. "Just by giving some time, you can give back in a profound way."

## HELP OUR STUDENTS AND SCHOLARS "REALISE" THEIR POTENTIAL

When you mentor a REALISE trainee you participate in the personal and professional development of an extraordinary young talent. By supporting this unique program, you also help position the HBI to attract the best and brightest talent to our city. With your help, REALISE students and scholars will go on to become the next generation of leaders within and beyond academia.

**Please contact us if you are interested in becoming a mentor or would like more information about REALISE:**