

# How to find and be a good mentor

Aug 15, 2017 | 1 

| 

| [ontheopods](#), [tips for internship](#), [Working & training in healthcare](#)

In this special live podcast from [Australian Medical Student Association Convention 2017](#), Dr James Edwards interviews Dr Ruth Mitchell and Dr Bethan Richards about mentoring, including how to find a mentor and the expectations of the mentee.

**Interviewees:** Bethan Richards, Ruth Mitchell, James Edwards

## About Dr Ruth Mitchell

Dr Mitchell is on the Neurosurgery training pathway, and is currently completing her PhD investigating brain tumour biology at the University of Melbourne. Dr Mitchell is currently chair of the Royal Australasian College of Surgeons Trainees' Association, and was awarded 2016 Doctor-in-Training of the Year by the AMA due to her tireless pursuit of [doctors' wellbeing](#) and high-quality care, through advocacy, education and research.

## About Dr Bethan Richards

Dr Richards is currently the Head of Rheumatology at Royal Prince Alfred Hospital, having previously been the RPA Basic Physician Training (BPT) Network Director of Physician Training for the last 6 years. Dr Richards has a wealth of experience in designing and implementing successful mentoring and teaching programs, and in 2016 was awarded the Australian Medical Association's award for Teacher of the Year for her tireless work in providing advocacy and mentorship to doctors in training. She is also a developer of the RPA BPTOK pilot program at RPA which has been designed to empower BPTs with skills and knowledge to not only make them better physicians, but also to help them maintain their health and wellbeing during training and beyond.

## Related Blogs

- [Being a student, becoming a teacher](#)

## Related Podcasts

- [Medical students mental health](#)
- [Self-care](#)
- [Job interview preparation](#)

**Tags:** [#amsa](#), [#career advice for junior doctors](#), [#coaching](#), [#doctors](#), [#good mentor](#), [#how to find and be a good mentor](#), [#medical training](#), [#mentee](#), [#mentor](#), [#mentoring](#), [#tipsfornewdocs](#)

A close-up photograph of a silver and black condenser microphone. In the background, a laptop keyboard is visible, and a person's hand is seen typing. The image is slightly blurred, focusing on the microphone.

If you enjoyed listening to this week's podcast feel free to let us know what you think by posting your comments or suggestions in the comments box below.

If you want to listen to this episode while not connected to WiFi or the internet, you can download it. To find out more go to Apple support (<https://support.apple.com/en-us/HT201859>)