



## Show Notes

### Season 4, Episode 6:

Mentors: Finding one, using one, being one

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### What's in this episode?

Hosts Rachel Smith from [Rachel's List](#) and journalist and content creator [Lynne Testoni](#) talk about mentors and why they might help your freelance career

#### What's in this episode?

- We talk about being young writers, and who our mentors were
- Lynne talks about how Lisa Wilkinson, her first editor, inspired her
- What mentors can teach you
- How having a mentor / someone who can take you under their wing in the early days of your career can be so valuable
- How to find a good mentor
- What mentoring is and what it isn't
- Why expecting your mentor to be all things to you – professionally and personally – is not realistic
- What goes on in a formal mentoring session

#### Further reading

- [www.rachelslist.com.au/blog/looking-for-a-mentor-heres-how-to-find-one/](http://www.rachelslist.com.au/blog/looking-for-a-mentor-heres-how-to-find-one/)
- [www.rachelslist.com.au/blog/ask-us-wednesday-do-a-need-a-mentor-and-where-do-i-find-one/](http://www.rachelslist.com.au/blog/ask-us-wednesday-do-a-need-a-mentor-and-where-do-i-find-one/)

#### Associations

- [www.walkleys.com/supporting-the-next-generation/](http://www.walkleys.com/supporting-the-next-generation/)
- MEAA's Digital Journalists Speed Mentoring – [www.meaa.org](http://www.meaa.org)
- MentorSelector [www.mentorselector.com](http://www.mentorselector.com)

That's it for this episode. Hope you've found these show notes useful. Cheers, Rachel and Lynne