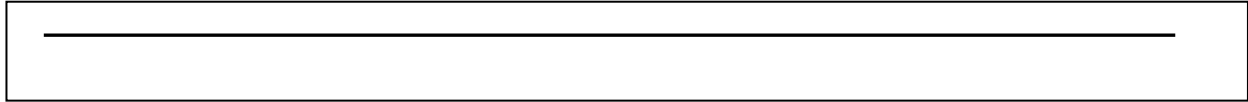


Preparing: Exercise 1

Constructing a Journey Time Line Reflecting on your Role as a Man in Nursing

Instructions: The line in the box below represents your journey as an adult from the past to today. Draw a journey time line like this horizontally on a sheet of paper.



1. Using words, symbols, or drawings, sketch your journey on this time line. In the space about the time line, note significant life events that influenced you the most, as well as milestones and transitions along the way. Do not feel constrained to stick to work-related events or even those that have to do with mentoring. Focus on events, milestones, and transitions (positive and negative) that have had an impact on your development as a man in nursing.
2. Turn your attention next to the space below the time line:
 - Identify opportunities that made a difference in your life and helped you grow and develop in your profession.
 - Identify obstacles that got in the way of your journey.
 - Note “unexpected delights” – events and experiences that were not planned but just happened.
3. Review your time line of events, and insert the name of individuals along the way who contributed to your development as a man in nursing.
4. What were critical learning’s and changes in your thinking?
5. What new learning’s emerge for you as your review your time line of experience?

Preparing: Exercise 2

Reflecting on Your Time Line

Instructions: Think about your mentoring experiences as man in nursing and the people who were there to guide you, support you, and strengthen you.

My mentors were:

At what point along your journey did they come into your life?

What were those experiences like?

What wisdom have you gained from each of your mentors?

What did you learn about being a mentor?

What is it you learning that might contribute to your own development as a mentor?

What did you learn about being a mentor?