To what degree were your goals achieved?

Here are 20 examples (among hundreds) of what our mentees achieved during the mentorship.

1. During our sessions I managed to publish my article in one of the best international peer-reviewed journals in the field of nutrition.
2. We had pretty structured sessions, because we have often reviewed different articles (as in a journal club), so I was able to further improve my academic skills together with knowledge on different methodologies.
3. I have also gained confidence in my communication skills in English and learnt how to describe and discuss complex topics, especially when discussing with more accomplished experts.
4. I was fully understood and supported in the pathway to finding myself in my personal and professional development.
5. My mentor guided me to a broader and deeper understanding of global health and began to help me clarify my career goals which intersected immunology, infectious diseases, and global health.
6. Of note, was when he helped me see similarities between my career path and that of the current WHO DG, Dr. Tedros Ghebreyesus.
7. I am a medical student who wants to be a research physician. I joined the research project a few months after I started mentoring… we will have a study on Alzheimer's disease.... That's why I'm studying German.
8. Mentoring has also helped me a lot in terms of personal development. I was someone who could not say “no” in daily life. I'm over it to a certain extent now.
9. My mentor was incredibly helpful in helping me reach out to organizations and apply for internships! I am in the process of applying for internships right now, hence why I labeled some things as in progress. However, I have been able to network with many incredible people this year, and I have definitely increased my knowledge of my fields of interest.
10. I chose and applied to the specialty of public health.
11. In my second year in the program, I submitted my master's studies application for the program, MA in Evaluation (Blended Learning) at University of Saarland and got accepted!

12. I started applying to 7 global health and program evaluation jobs in July 2021, interviewed twice, and in January 2022, was offered a contract for a consultancy assignment by UNICEF Sweden.

13. I was able to finish a course on increasing my professional branding which involved developing relevant and compelling job applications.

14. During the mentoring programme, my mentor … gave me excellent advice and courage to pursue my dream amid challenges, such as contract break and others. She also supported me in searching for new job opportunities, and even a room to rent when I moved to Geneva.

15. The purpose of my meetings originally meant to help me explore career opportunities and learn more about the field of global health/global mental health. However, these meetings turned into personal growth sessions as my mentor helped me build my confidence.

16. We only met twice or 3 times which is not enough.

17. My mentor supported me in finding a job but it turned out to not be the position for which I was suited for.

18. I learned a lot and charted out a life plan during the mentorship program

19. I was able to discuss academic assignments with my mentor and I also received guidance in my thesis work.

20. I got accepted into a PhD program!

21. My mentor has helped me establish a career goal and taught me life lessons I'll take with me for the rest of my life. She is incredible and I don't know if I could have seen my life goal clearly without her.