

## FUTURE-READY MENTORING

# BENEFITS OF MENTORING

## WORKPLACE STATS

- Both mentors and mentees were approximately 20% more likely to get a raise than people who did not participate in the mentoring program. ([Case Study: Sun Microsystem](#))
- 25% of mentees and 28% of mentors received a raise – versus only 5% of managers who were not mentors. ([Case Study: Sun Microsystem](#))
- Employees who received mentoring were promoted FIVE times more often than people who didn't have mentors. ([Case Study: Sun Microsystem](#))
- Mentors were SIX times more likely to have been promoted to a bigger job. ([Case Study: Sun Microsystem](#))
- Workers with a mentor are more likely than those without to say they're well paid and to believe that their contributions are valued by their colleagues. ([CNBC/SurveyMonkey Workplace Happiness Survey](#))
- More than 4 in 10 workers who don't have a mentor say they've considered quitting their job in the past three months. ([CNBC/SurveyMonkey Workplace Happiness Survey](#))
- 87% of mentors and mentees feel empowered by their mentoring relationships and have developed greater confidence ([Moving Ahead research, Turning the gender diversity dial](#))
- 82% believe that mentoring relationships help foster meaningful connections between mentors and mentees, across departments and the organization ([Moving Ahead research, Turning the gender diversity dial](#))
- Mentoring programs have boosted promotion and retention rates for minorities and women from 15% to 38% as compared to non-mentored employees ([Harvard Business Review, "Why Diversity Programs Fail"](#))
- Study found participants are 40% more likely to achieve their goals if they write them down. This increases to 70% if the goals are shared with someone to keep them accountable, such as a supportive friend or mentor. ([Dominican University of California, Study focuses on strategies for achieving goals, resolutions](#))
- 76% of surveyed professionals think mentors are important, however, only 37% currently have one. ([Olivet Nazarene University](#))

## ACADEMIC STATS

- College graduates are almost two times more likely to be engaged at work if they had a mentor who encouraged them to pursue their goals and dreams. (2018 Gallup Alumni Survey)
- Students who sign up for a mentor are 14% more likely to stay in college and 13% more likely to graduate college after four years. (National Bureau of Economic Research)
- Students saw a 40% increase in job placement for those who participated in the institution's career mentoring program. (Case Study: University of Colorado - Leeds School of Business)
- A study at the University of Massachusetts in Amherst revealed female engineering students who had mentors felt more accepted by their peers and more confident in their engineering skills, while those without mentors were more likely to consider changing majors.

UNLEASH THE POWER OF MENTORING

