



## HSPAC Peer-to-Peer (P2P) Mentoring Team Info Sheet



**Objective:** To encourage fellowship among HSOs of the same rank who are navigating similar career paths, interests, and aspirations.

### Benefits:

- Peer Support
- Career Development
- Information Sharing
- Opportunity for Growth
- Enhanced Work-Life Harmony
- Connection and Community
- Lower Anxiety
- Increased Self-Confidence & Awareness
- Help Others

*\* Mentoring is part of our promotion benchmarks under the 'officership' promotion precept and The CV has a section specifically on PAC mentoring programs you can add P2P to.\**

### Requirements:

- HSO officer of any rank and any PAG/discipline
- Connect with your peer mentor at **least quarterly**.

*\* After 1 year of active participation in P2P, participants will receive a COA.\**

### How to Join:

- Complete the P2P Mentoring [Enrollment Form](#) available on the [P2P website](#)
- Submit enrollment form to [P2P.HSPAC@gmail.com](mailto:P2P.HSPAC@gmail.com) with "P2P Application" in the subject line.

### What P2P Participants Are Saying...

"Participating in P2P has given me the opportunity to bring my whole self to a mentoring relationship. I've been able to work through the not only the challenges of being an officer, but also a Mom to a young child and a PhD student. Not to say that we don't discuss our jobs and our careers (because we do!), but that's just one focus area. We have genuine conversations about all of the ups & downs that come with being an officer, a caregiver, & someone who is pursuing an advanced degree. We give each other kudos & prop each other up when times are hard. I'm really appreciative of P2P for giving me the chance for this connection."

"I would absolutely recommend P2P to other officers because it is a great way to network and learn from each other. A fresh set of eyes looking at promotion documents is always a bonus. Having someone to talk to that knows the same struggles and hurdles is rewarding."

"I joined P2P for:

1. Networking.
2. Opportunity to work with and get to know non-providers. I am very happily matched with a BASPAG person that I would likely have never had a chance to find out about.
3. Always fun to meet new people even outside of networking opportunities.
4. Mentoring is a benchmark (but this is low down the list and I have many other mentoring items on my CV, but it doesn't hurt)".

*\*Please note the HSPAC P2P Mentoring Team is separate from the HSPAC Traditional Mentoring Program (pairs senior officers with junior officers).*