

## ACTIVITY 2

### What are the benefits associated with enterprise mentoring?

- For the mentee?
- For the mentor?

If possible, discuss your thoughts with a friend or colleague. Write your conclusions here.

For the mentee?

For the mentor?

## ACTIVITY 3

### Types of communication

There are three basic types of communication: **words**, **tone of voice** and **body language**.

What percentage of these three types do you believe the average person uses? Note these down opposite:

*(Answers on page 18)*

Words = %

Tone of voice = %

Body language = %

**Total = 100 %**