

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 %