

# Strong Mentor Relationships A Must For Newcomers

## Immigrants Should Establish Goals And Build A Two-Way Dialogue With Their Guides

Moving to a new country comes with a number of challenges, which include navigating the job market and building a professional network. If you are moving to Canada without a job in place, it may take some time to get established and find a fulfilling career.

“One way to build your network and learn more about workforce dynamics in Canada is by establishing relationships with trusted, experienced mentors. They can help answer questions you might have, share relevant experiences with you, and support you while growing professionally (and/or personally) in Canada,” says Ivy Chiu, Senior Director, Newcomer Client Strategies at RBC.

Community-based organizations like the Toronto Region Immigrant Employment Council (TRIEC) are helping newcomers settle-in with mentorship programs that match immigrants with professional advisors in their specific fields of interest. To learn more, go to [triec.ca](http://triec.ca).



Regardless of your employment status after arriving in Canada, you may find it useful to expand your network by signing up for one of the newcomer mentorship programs.

As you get started, here are a few tips on building a successful, long-lasting mentoring relationship.

1. Establish Goals: It will be

helpful to set long and short term goals from the very beginning of your mentoring relationship. They do not need to be audacious goals, but having a solid achievable road map in place will be a good tool for both you and your mentor. Examples of goals may include resume and cover letter writing, effective communication skills, interview preparation, job

searching tactics, and best practices in Canada. Having a few goals in mind, you can start each meeting by discussing your progress to help set you on track for success.

2. Build a two-way dialogue – While your mentor will be providing you with advice and support, remember that a successful mentorship requires a two-way

dialogue approach.

Ask questions when you are uncertain about specific subjects, and also be open to receiving feedback from your mentor; their goal is to help you succeed. Think about what you want to focus on ahead of your meetings to ensure you both get as much out of the meeting as possible.

3. Continue the conversation: Your relationship with your mentor may extend beyond the desired program timeline. Discuss what the best ways to communicate with your mentor will be afterwards so that you have a better understanding of how to effectively keep in touch. By maintaining a professional relationship with your mentor, it will help extend your network as you continue to develop professionally in Canada.

Settling into your new life can take some time, and taking steps to establish yourself can help ease the process.

For more information on settling in Canada visit [rbc.com/newcomers](http://rbc.com/newcomers)

# #TorontoStrong T-Shirts To Support Van Attack Families

TORONTO - Oakville based Entripy Custom Clothing has released a ‘#TorontoStrong’ T-Shirt to raise money for the families affected by Monday’s van attack on Yonge Street between Finch and Sheppard. Ten people have died while 15 others are injured.

“With the tragic events unfolding, I felt the need to do something. As the largest t-shirt printer in the country, and Toronto being our home, it only makes sense for us to show pride in our city, and raise funds for the victims’ families,” says Jas Brar, CEO of Entripy. “Although money will not heal or bring back loved ones, it’s something we can do to hopefully alleviate a bit of



stress for them. The T-shirt sends a strong message of strength and unity, and will be worn with pride.”

100% of the proceeds of these t-shirts will go to the cause. Entripy is not holding back anything: donating the t-shirt, time, printing and overheads associated with the production of these t-shirts. All transactions will be audited by our external accounting firm SB Partners.

The T-shirt features the Toronto skyline with the phrase #TorontoStrong. Each shirt will be sold for \$20 and is available online for purchase at [www.entripy.com/toronto-strong](http://www.entripy.com/toronto-strong).

Entripy Custom Clothing is Canada’s

largest T-shirt printing company. Entripy is a full-service apparel decorator with screen printing and embroidery all done in-house at our 50,000 square ft facility in Oakville, Ontario. We screen print and embroider over 10 million logos each year on custom apparel products for clients across Canada. Entripy is committed to providing superior customer service and is dedicated to innovation, research and technology. Entripy is proud to be a community partner. Entripy donates over \$100,000 in custom apparel to charities and community organizations across Canada each year.

For more information visit: [www.entripy.com/TorontoStrong](http://www.entripy.com/TorontoStrong)

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