

Book Review

***60-Minute Mentoring for Lawyers and Law Students: Small Commitments, Big Results* by Amy Timmer and Matthew Cristiano**

Amy Timmer, Associate Dean of Students and Professionalism at WMU-Cooley Law School, and lawyer **Matthew Cristiano** describe the benefits of 60-minute mentoring for lawyers, law students, firms and bar associations.

The book moves quickly and is written in a no-nonsense, easy-to-understand fashion. The emphasis is on practical skills and tools, and the book is filled with checklists, suggestions and tips, such as:

- How to find, plan for and maximize meetings with mentors
- Mentee personality types
- How to become a mentor
- What a one-time mentoring session looks like
- Keeping in touch
- What to do when mentoring goes off the rails
- Partnering with law schools

The book is divided into 19 chapters:

Part 1: For Everyone

- Chapter 1: What Is Mentoring?
- Chapter 2: Types of Mentoring
- Chapter 3: Understanding Episodic Mentoring
- Chapter 4: Perspectives on Diversity in Episodic Mentoring
- Chapter 5: The Focus on Ethics and Professionalism: The Common Bond

Part 2: For Mentees

- Chapter 6: Find, Plan for, and Maximize Mentoring Episodes
- Chapter 7: Mentee Personality Types
- Chapter 8: The Episodic Mentoring Session
- Chapter 9: Feedback from the Episodic Mentoring Study
- Chapter 10: When Mentoring Goes Bad
- Chapter 11: Keeping in Touch with Mentors

Part 3: For Mentors

- Chapter 12: How to Become a Mentor
- Chapter 13: Mentor Personalities and Approaches
- Chapter 14: A Template for Professionalism Mentoring
- Chapter 15: What Mentees Bring to the Relationship

Part 4: For Bar Associations

- Chapter 16: Episodic Mentoring for Membership Development
- Chapter 17: Episodic Mentoring for New Members
- Chapter 18: Episodic Mentoring for Attorney Development
- Chapter 19: Partnering with a Local Law School

The book ends with several valuable checklists covering:

- Characteristics that will help you become a successful professional that can be taught or modeled by a mentor
- Skills required of you as a lawyer that can be taught or modeled by a mentor
- Pro-active self-mentoring techniques
- Questions you can ask virtually anyone for self-mentoring
- Go-to questions to ask lawyers
- How a mentor can help a protégé
- Resources for law students to connect with lawyers and links to other legal mentorship resources

60-Minute Mentoring for Lawyers and Law Students is a great book filled with ideas and instructions that offers a generous measure of inspiration for any lawyer looking for or offering mentorship.

Written by Len Polsky, Manager of Legal Technology and Mentorship, Law Society of Alberta