



Image credit: Archivart / Alamy Stock Photo.

The painting "Telemachus Listening to Mentor" by Charles-Joseph Natoire depicts two characters from Homer's "The Odyssey," Telemachus and Mentor.

Show me a successful individual and I'll show you someone who had real positive influences in his or her life

- Clint Eastwood
- Denzel Washington
- Carol Burnett



Photo credit: Invision

In learning you will teach, and in teaching you will learn

- Phil Collins
- Maya Angelou
- Martin Scorsese



Photo credit: Getty Images

A mentor is someone who allows you to see the hope inside yourself

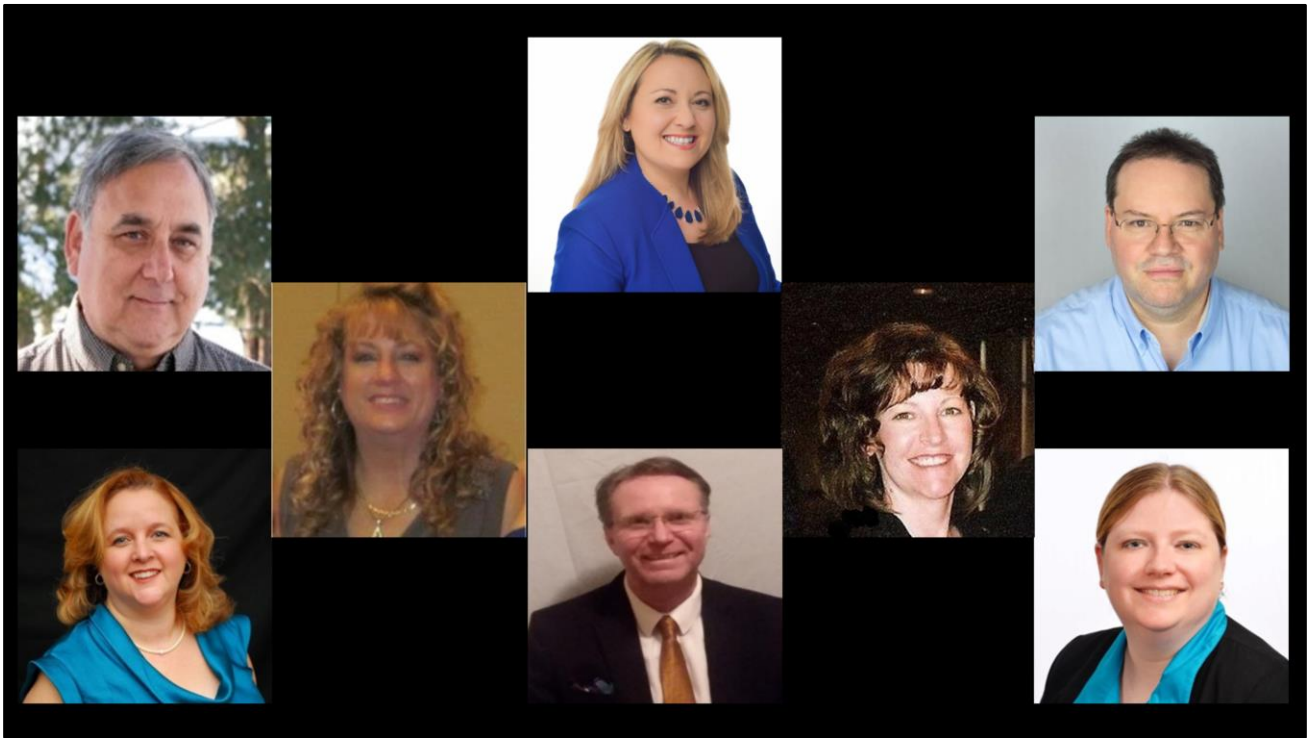
- Hellen Keller
- Barack Obama
- Oprah Winfrey



Photo credit: Christopher Polk / Getty Images



Lindsey Murphy describes her positive traditional mentoring experience.



Here's a quick introduction of our PMI mentoring team:

Melissa Scott – Director

Andy Wise

Deana Pape

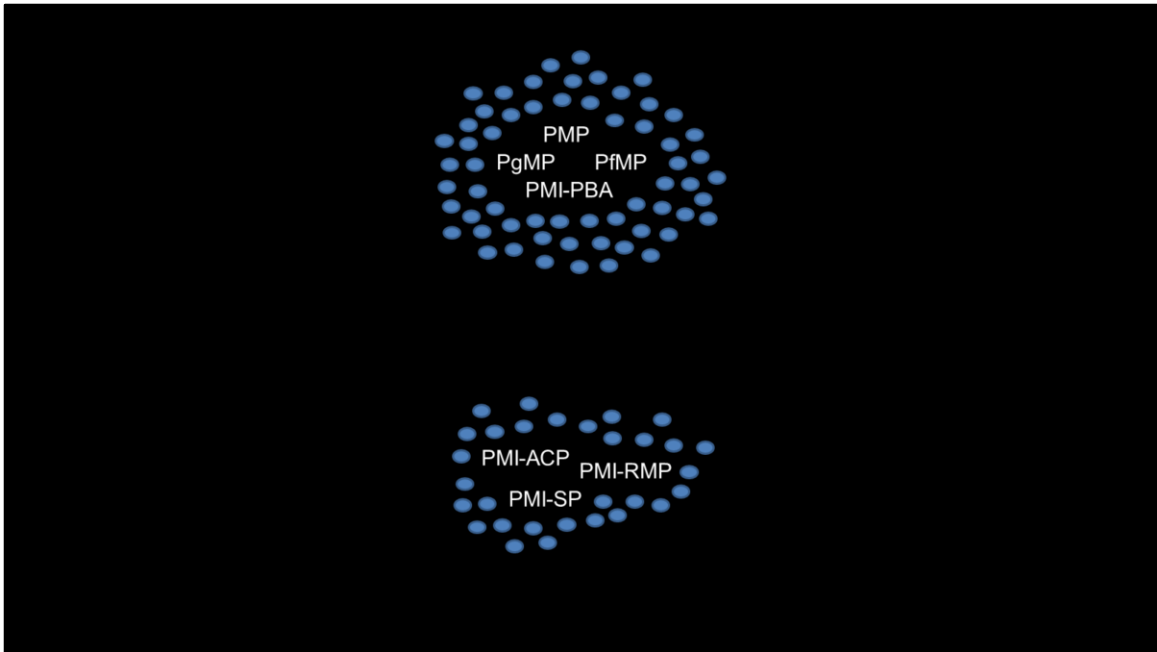
Mary Gavenda

Matt Ingram

Diana Sullivan

Paul Jimenez

Meghan Cummings-Kralik



In every three year cycle, PMI certificate holders are required to attain Professional Development Units to keep their certification active.

Sixty PDUs are required for the Project Management Professional, Program Management Professional, Portfolio Management Professional, and the PMI Professional in Business Analysis.

Thirty PDUs are required for the PMI Agile Certified Practitioner, PMI Risk Management Professional, and the PMI Scheduling Professional.

Education

Giving Back to the Profession

Certificate holders can acquire PDUs in two areas: Education and Giving Back to the Profession

Education

- Course or Training
- Organization Meetings
- Online or Digital Media
- Read
- Informal Learning

Giving Back to the Profession

Certificate holders can acquire Education PDUs within five activities.

Education

- Course or Training
- Organization Meetings
- Online or Digital Media
- Read
- Informal Learning

Giving Back to the Profession

- Work as a Practitioner
- Create Content
- Give a Presentation
- Share Knowledge
- Volunteer

Certificate holders can acquire Giving Back PDUs within five activities.

Education

- Course or Training
- Organization Meetings
- Online or Digital Media
- Read
- Informal Learning

Giving Back to the Profession

- Work as a Practitioner
- Create Content
- Give a Presentation
- Share Knowledge
- Volunteer

Participants in the Mentoring program qualify for both areas of PDUs. Mentees qualify for the Informal Learning activity.

Informal Learning

Educational opportunities focused on structured discussions

Sometimes learning comes through interaction with others. You can earn PDUs by engaging in structured professional discussions with others, for example while you're being mentored or participating in a "lunch and learn" session with your organization.

PDU Rules:

- 1 hour of learning equals 1 PDU

Documentation required for audit: Evidence supporting your reported learning, including notes from and dates of activities conducted.

This is from page 12 of the CCR Handbook at <https://www.pmi.org/-/media/pmi/documents/public/pdf/certifications/ccr-certification-requirements-handbook.pdf>

Education

- Course or Training
- Organization Meetings
- Online or Digital Media
- Read
- Informal Learning

Giving Back to the Profession

- Work as a Practitioner
- Create Content
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- Share Knowledge
- Volunteer

Mentors qualify for the Share Knowledge activity.

Share Knowledge

Sharing your domain knowledge to help others learn and grow

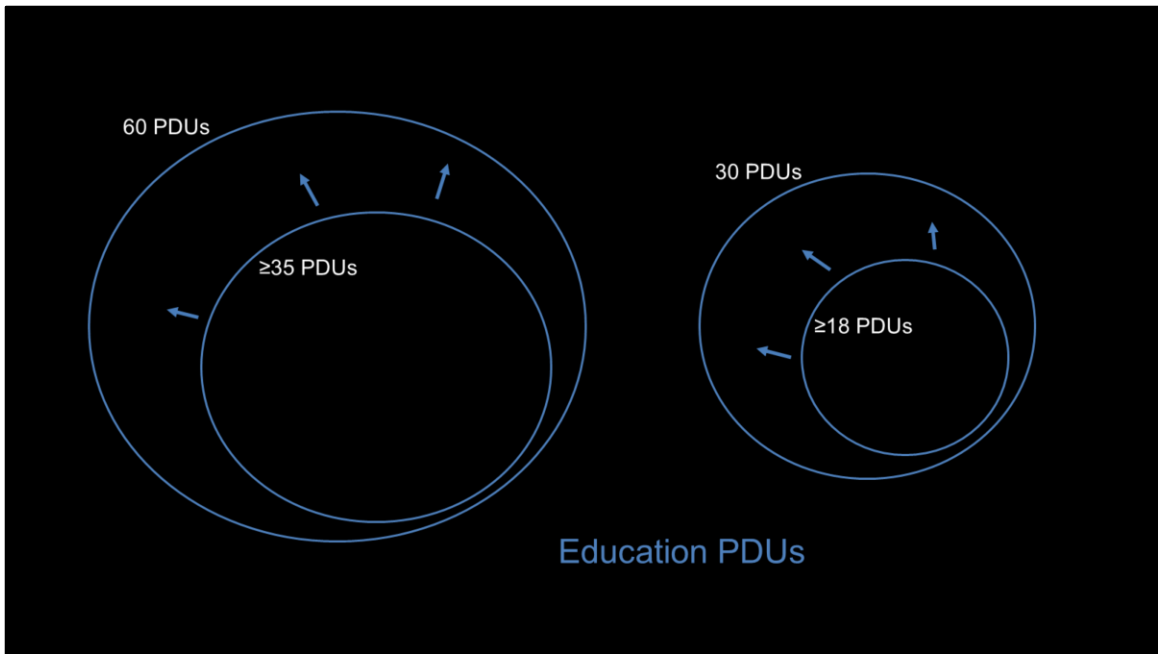
By sharing your skills with others, you grow the profession and enhance the practices that are essential to your certified role. Whether you're mentoring, teaching or applying your subject matter knowledge toward an activity, others will benefit from your experience and perspective.

PDU Rules:

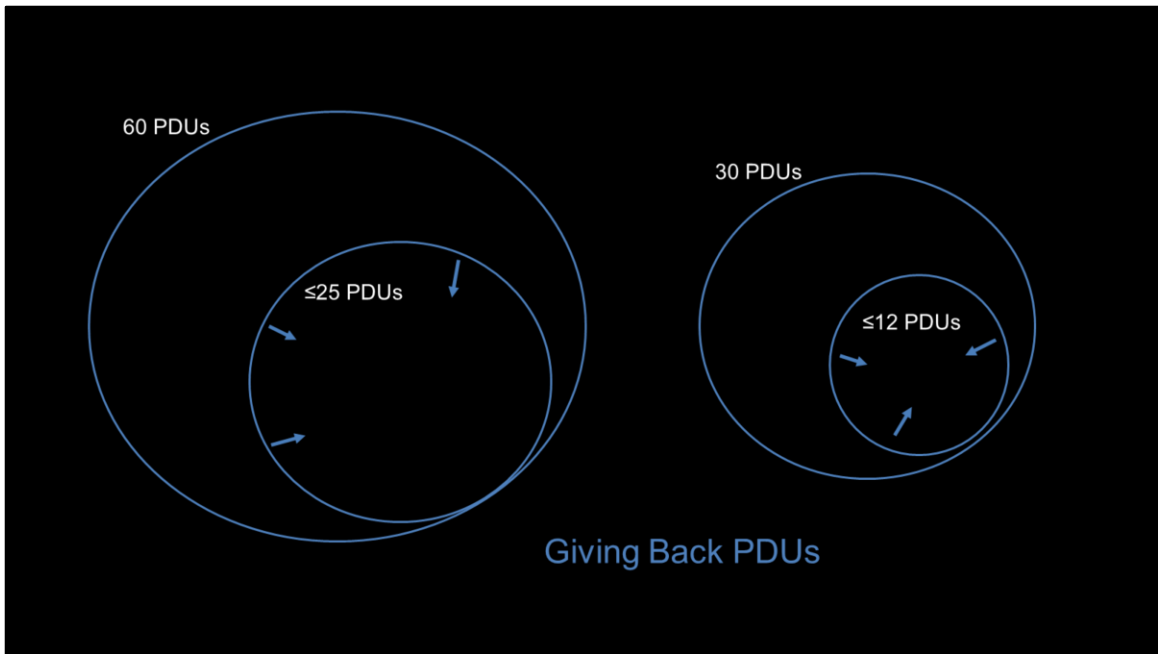
- 1 hour spent sharing knowledge equals 1 PDU

Documentation for audit: Evidence supporting your coaching or mentoring arrangement, including notes from and dates of discussions and activities.

This is from page 14 of the CCR Handbook at <https://www.pmi.org/-/media/pmi/documents/public/pdf/certifications/ccr-certification-requirements-handbook.pdf>



Mentees in the mentoring program earn Education PDUs. For certifications that require 60 PDUs, at least 35 of those PDUs must be in the Education area. For certifications that require 30 PDUs, at least 18 of those PDUs must be in the Education area.



Mentors in the mentoring program earn Giving Back PDUs. For certifications that require 60 PDUs, at most 25 of those PDUs can be in the Giving Back area. For certifications that require 30 PDUs, at most 12 of those PDUs can be in the Giving Back area.



Kaisey Marler describes her positive traditional mentoring experience.



pmimsl.org

Sign up for traditional mentoring by clicking the Professional Development menu on the PMI Metropolitan St. Louis website.

How much does it cost?

What is the time commitment?

How do I sign up?

Am I qualified?

The traditional mentoring program is free to PMI Metro St. Louis members in good standing.

We recommend a time commitment of two contact hours per month for three months.

Sign up at pmimsl.org

Members with active certifications are qualified to be mentors.

Additional resources for mentoring participants are linked here:

[Project HEADWAY: Finding and Being a PM Mentor](https://www.projectmanagement.com/presentations/293145/Project-HEADWAY--Finding---Being-A-PM-Mentor)

<https://www.projectmanagement.com/presentations/293145/Project-HEADWAY--Finding---Being-A-PM-Mentor>

[Mentor Program and Project Management](https://www.projectmanagement.com/deliverables/222066/Mentor-Program-and-Project-Management)

<https://www.projectmanagement.com/deliverables/222066/Mentor-Program-and-Project-Management>

[Find a Mentor, Be A Mentor](#)

<<https://www.projectmanagement.com/articles/480651/Find-a-Mentor--Be-a-Mentor->>

[A Key Competency for Program and Project Professionals](https://www.projectmanagement.com/articles/480651/Find-a-Mentor--Be-a-Mentor-)

<<https://www.pmi.org/learning/library/mentoring-key-competency-program-project-professionals-6264>>



Mentoring team managers Deana Pape and Andy Wise can share their experience participating in the traditional mentoring program.

If I have seen further it is by standing on the shoulders of giants

- Isaac Newton
- Albert Einstein
- Danny DeVito

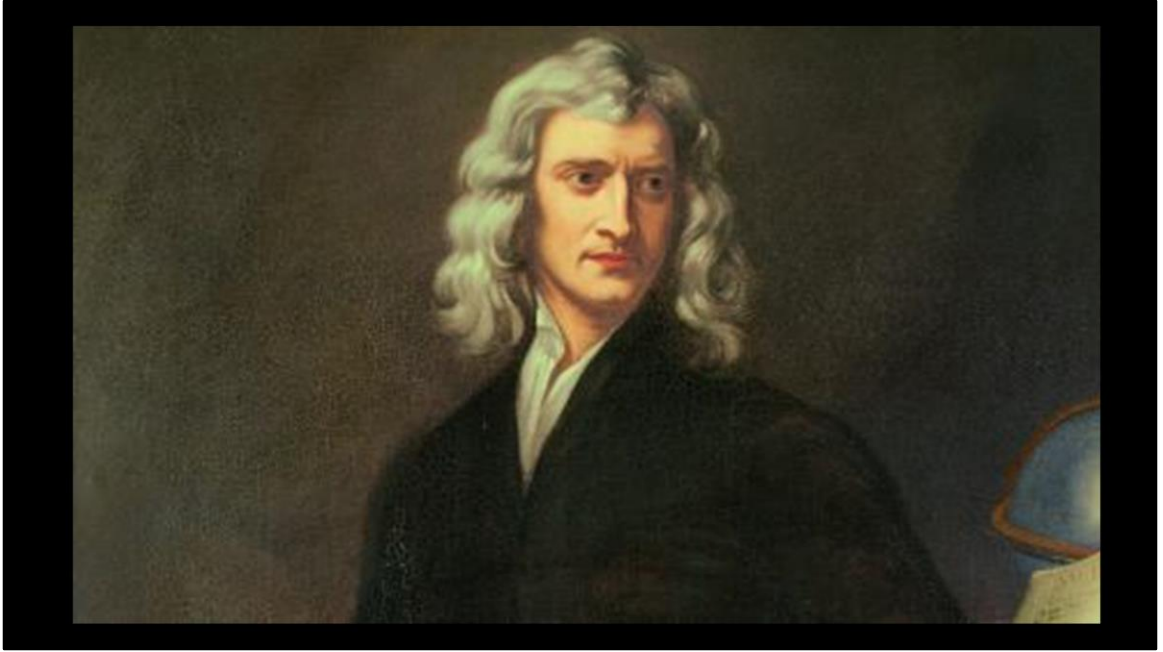


Image credit: Imagno/Getty Images

We make a living by what we get, we make a life by what we give

- Winston Churchill
- Mahatma Gandhi
- Warren Buffett



Photo credit: BiblioArchives / LibraryArchives

We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark

- Lou Gehrig
- Whoopi Goldberg
- Meryl Streep



Photo credit: Tim Sloan / AFP / Getty Images