Allison McWilliams
Director, Mentoring and Alumni Personal & Career Development, Office of Personal & Career Development (OPCD) at Wake Forest University
Winston-Salem, NC, US

McWilliams expertise focuses on skill development, networking and interpersonal relationships for both mentors and mentees.

Description
As the head of Wake Forest's mentoring and alumni development programs Allison McWilliams recognizes that both mentors and mentees have important responsibilities in ensuring their relationships are productive and meaningful. She is committed to helping both groups develop the skills needed to succeed in their roles. McWilliams is an expert in mentoring both in higher education and in the workplace and has been featured in the Triad Business Journal and Inside Higher Ed. She writes a mentoring blog on The Huffington Post offering insights for anyone interested in mentoring, leadership, interpersonal relationships and networking.

Topics
Personal Development, Career Development, Leadership and Networking, Higher Ed Mentoring, Workplace Mentoring, Internships, Careers

Education
The University of Georgia
Ph.D. Higher Education Administration

The University of Georgia
M.A. Public Relations

Wake Forest University
B.A. English, Spanish

Media Appearances
The Power of Mentoring Women
Triad Business Journal
2017-03-31
"Women mentors provide insider information to other women -- revealing unwritten rules that are key to career advancement. We provide to each other powerful lessons about navigating professional and personal obligations. We serve as sponsors and advocates for one another, opening doors and providing critical connections due to our earned social and political capital."
"At some point any successful start-up by necessity has to become the very thing it was started to disrupt: a bureaucracy. At a certain point they go past the tipping point and need policies, procedures, human resources departments, and yes, effective leadership. But nothing in the evolution of a start-up is engineered to develop leadership competency. There are no leadership development programs, succession plans, or formal mentoring or coaching."

"Mentorship, it turns out, has an awful lot to do with leadership, and more than just the value that great mentors can add to our lives and careers by opening doors and teaching life lessons. The skills and practices of great mentors are also the skills and practices of great leaders," McWilliams writes.

"We tend to make the assumption that mentoring inherently is good and mentoring inherently is positive," said Allison McWilliams, director of Wake Forest University's Mentoring Resource Center. "And that's not true at all. You can be ineffectively mentored."

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