

**Questions to Consider before your first Mentoring session**

Name: Date:

Mentor:

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| What would I like to accomplish from mentoring?   * I want to develop my skill(s) in… * I need help with…. * How can I find out more about…? |
| The areas and current challenges that I want mentoring to assist with are:   * I am experiencing difficulty with… |
| Two things that I don’t look forward to doing at work are: |
| Three things that I really value and appreciate about *my work*:   * Things that have gone well for me at work are…   1.  2.  3. |
| Three things that I really value and appreciate about *myself:*  1.  2.  3. |
| Two ways in which I sometimes limit my own success or effectiveness:  1.  2. |
| How can my mentor be most helpful to me in achieving my goals?   * In terms of support, I may need… |
| Is there anything else I would like my mentor to know about me? |

Please bring this completed form to your first session or complete it as part of the first discussion. Thank you.