

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

Name: Date:

Mentor:

|  |
| --- |
| 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.