

Mentoring protocol & reflection

Mentoring sessions are a valuable time for you. Keep your goals and what you want to achieve in mind. After each session, write a brief summary and reflect on it.



Protocol

Notes from my last session:

1. What was the topic of our session (questions, problems, etc.)?
2. What insights did I gain?
3. What steps can I take to get ahead?
4. What is my timeline for those steps?
5. What do I still need?
6. What would I like to discuss in our next session?

Reflection

Reflection: These questions can help you further reflect on your last session:

- What did I feel during the session?
- What did I notice about myself?
- What did I notice in general?
- Do I feel any blockages regarding certain issues?
- What did I want to bring up but didn't dare to?
- Why did I not dare to?
- What went really well?

Space for

your thoughts