



Reflection after the mentoring session

Instructions : Do the reflection 5-10 minutes directly after the session. Write down everything! These questions are just an example, you can of course adapt them yourself. You can, but of course do not have to, share the reflection with your mentor. Through this exercise, you deepen and internalize the insights gained in the mentoring session - which leads to a greater learning effect.

- What came up in the session?
- How did you feel during the session?
- What did you notice about yourself?
- What did you notice in general?
- What new insights did you gain?
- What did you find out about yourself that you were not aware of before?
- How will these new insights affect you in your life from now on?