

Reflection questions for mentors

The following questions will help you prepare to mentor someone. Simply answer those questions which feel relevant or helpful. Writing by hand is best, to help you to reflect and gain insight.

1. How much do I need to know about my mentee's and their situation?

2. What understanding do they need of mine?

3. What is the broader context for this? For example, who else needs to be involved, (stakeholders) and how?

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4. What are my practical considerations? e.g. time, location, medium of communication etc.

5. What sense of purpose do I have for mentoring someone? (why am I doing this?)

6. What are my potential barriers to being an effective mentor? E.g. my skills, attitudes, workload, availability, and how will I overcome those?

7. What boundaries might I want for this relationship e.g. my level of involvement, type of assistance I can offer.?