

A checklist for mentees

The following questions will help you get the most out of being mentored, e.g. create clarity and accelerate insight. Simply answer those questions which feel most relevant or helpful. Writing by hand is best, as this helps you to reflect.

1. What is my purpose for being mentored? e.g. why am I doing this?

2. How much / what do I need to know about my mentor's situation and circumstance?

3. What understanding do they need of mine? E.g. background, situation, goals, challenges

4. What are my potential barriers to getting the most out of this activity? how will I overcome them?

5. What requests might I want to make of my mentor, e.g. their level of challenge, type of support I would appreciate, etc.?