

### Reflection note for mentees

The following questions will speed up your learning and improve your results. Not all questions will be useful, simply answer those which feel most relevant or helpful. Writing by hand is best, as this helps your ability to reflect and gain insight.

1. **What went well in that session?**

- How did I contribute or affect that?
- How can I build on that going forward?

2. **What went less well?**

- How did I contribute or affect that?
- How can I improve or support this going forward?

3. **How can I influence the effectiveness of these sessions?**

- Do more of/less of
- Make more important
- Shift my focus or intention

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4. What would make the biggest difference to the effectiveness of these mentoring sessions?

5. How can I affect that? e.g. what offers or requests can I make?

6. How would I rate the session overall?

1	2	3	4	5	6	7	8	9	10
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7. Any final thoughts / notes