



Evaluating progress of the relationship

Evaluating my mentoring: Mentor

		Very well	Could do better	Not sure
ACTIONS	How well am I...			
	prepared for each meeting?			
	actively listening?			
	asking questions to encourage the mentee to explore and find their own answers?			
	managing the time in sessions and overall?			
	maintaining an action-oriented focus?			
	doing what I said I would do?			
	focusing on what the mentee needs?			
ATTITUDE	How well am I...			
	being empathic and supporting the mentee through challenges faced?			
	being sensitive to differences in backgrounds, priorities and opinions?			
	providing open and honest feedback that is constructive?			
	displaying a positive attitude that builds confidence?			
	maintaining vision towards developing potential?			
	<i>How safe do I feel to be honest and open in the relationship? Please comment.</i>			
KNOWLEDGE	How well am I...			
	identifying my own mentoring skill gaps?			
	developing my self-awareness?			
	developing my emotional intelligence?			
	<i>What am I learning from the relationship? Please comment.</i>			
<i>Please comment on any barriers that are hindering success:</i>				