



Mentor Self Reflection

As you prepare for mentoring take some time to reflect on your reasons for deciding to take on this role. Consider the skills, knowledge and experiences that you would like share with your mentee.

Why did you volunteer or agree to be a mentor?
What events have you experienced in your life/career that have had a significant impact on you?
How might these events influence who you are as a mentor?
What are you hoping to learn or achieve as a result of the mentoring experience?
What skills, knowledge and insights do you have that would be valuable sharing with your mentee?
Reflect upon your answers above and consider what might be useful information to share with your mentee in your first few sessions.