



# Mentoring Session Self Reflection

For completion by mentoring pairs. Consider the meeting you have just had with your mentoring partner. Complete this worksheet by yourself immediately after the session.

<b>Mentoring partner:</b>		<b>Date:</b>	
---------------------------	--	--------------	--

<b>Reaction</b>	<i>Personal response eg feelings or perhaps discomfort</i>		
Comments:			
<b>Discussion</b>	<i>Content - making progress, solution focussed, mentee-driven</i>		
<b>Self:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
<b>Partner:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
Comments:			
<b>Participation</b>	<i>eg present, flexible, sensitive, open-minded, facilitative (not instructional)</i>		
<b>Self:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
<b>Partner:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
Comments:			
<b>Communication</b>	<i>eg clarifying, reflective comments, comfortable language, style of questions</i>		
<b>Self:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
<b>Partner:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
Comments:			
<b>Relationship</b>	<i>eg trust, rapport, developing confidence</i>		
<b>Self:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
<b>Partner:</b>	<i>Good</i>	<i>OK</i>	<i>Needs work</i>
Comments:			
<b>Progression</b>	<i>Next steps eg further learning, research topics, peer discussion, discuss with partner</i>		

Source:

This form was designed by the GROW ED Mentoring team at Joondalup Hospital, Western Australia