



Mentoring Reflective Log

Reflective practice involves the thoughtful consideration of an experience, situation, or topic, both positive and negative, which results in an outcome of a changed perspective (Spalding 2004). One of the most useful resources mentoring pairs can call upon is a reflective log - a record of your learning experiences, thoughts, feelings and reflections. It can be reviewed from time to time to assess how much progress has been made.

Name:

Personal Fulfilment: *What has really frustrated you/pleased you lately? What has encouraged you or discouraged you?*

Completion: *What tasks/actions have you completed lately? What did you leave incomplete? What did you avoid doing?*

Insight: *What things do you see differently now? What have you learned about your self?*

Resourcefulness: *What skills and knowledge have you gained or learned? Who did you add to your networks?*



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Behaviour: *Have you consciously changed the way you behave in some way lately?*

Goal Fulfilment: *What have you done that will take you towards your longer term goals?*

Decisions: *What significant decisions have you made lately? How do you feel about them?*

Challenge: *Who or what have you challenged lately?*

Next Steps: *What do you need to do now? What do you need to learn next?*

Adapted from *Techniques for Coaching and Mentoring*, Megginson and Clutterbuck, 2004