

MENTORING MEETINGS: REFLECTIVE NOTES

(Photocopy as required)

Date: _____ **Length of meeting:** _____

Session overview- what was discussed:

What came out of the session for me:

What I am going to do before the next meeting:

Interesting ideas from the session:

Next meeting: _____

Support given by mentor:

<input type="checkbox"/> active listening	<input type="checkbox"/> constructive feedback
<input type="checkbox"/> responding to feelings	<input type="checkbox"/> coaching in specific skills
<input type="checkbox"/> help to clarify an issue	<input type="checkbox"/> challenging
<input type="checkbox"/> giving information	<input type="checkbox"/> general discussion
<input type="checkbox"/> solicited advice	<input type="checkbox"/> problem solving
	<input type="checkbox"/> other (specify)