



MASTERMINDING SESSION FORM

Date: _____

Participating Members:

Name: _____ Mentor or Mentee (circle one)

Goals _____

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Goals _____

Name: _____ Mentor or Mentee (circle one)

Goals _____

Group Goals

Group discussion and agenda:

Date; _____

Round table discussion:

Report by each mentee on his/her/they goals:

Report on weekly action items/activities and each answer the following questions, and then open up to suggestions from other members.

- What did you do that helped you get closer to your goal?
- What did you do that hindered your ability to achieve your goal or get closer to it?
- What happened outside your control that got you closer to your goal?
- What happened outside your control that hindered your ability to achieve your goal or get closer to it?
- What can you do better next time?

Optional: You can go through the questions below and, in your session, discuss any or all of them with your mastermind partners.

How is the mentee doing with his/her formal training initiatives? Which ones is he/she taking. (Professional extra curricular courses)

How is the mentee doing with his/her work-site training initiatives?

How is the mentee doing with his/her skill development initiatives? What progress has been made?

How is the mentee doing with his/her emotional training initiatives? What emotions does he/she need to learn to regulate? Which ones does he/she need to invoke more often?

Which communications skills is the mentee working on improving? How is the mentee doing with communication skills development initiatives?

How is the mentee's "Thinking Ahead Big Picture" processing working?

What's the main one thing, or skill, the mentee wants to improve in the next 3 months?

In each session the mentee can pick a past situation, circumstance or interaction and answer the following five questions with the mentor as they relate to that situation:

5 coaching questions for progress:

What did you do that had a positive effect on the interaction?

What did you do that had a negative effect on the interaction?

What happened outside your control that had a positive effect on the interaction?

What happened outside your control that had a negative effect on the interaction?

What could you do better next time?

Mentor notes:

Mentee notes:

What we focus on expands! ...Les Hewitt (business coach, author-The Power of Focus)