



MENTOR SESSION FORM

Refer to Mentee Questionnaire page 2 for mentee objectives before session begins.

Mentee name: _____ . Mentor name: _____ . Date: _____ .

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:
