

REFLECTIVE LEARNING LOG WITH MENTEE

To be completed by the mentor after a mentoring session

Mentee:

Company name:

Date:

Date of mentoring session:

<p>Log each session or “event” and file as part of overall programme</p>	<p>Suggested questions to ask yourself after first explaining the session or event</p> <p>What went well, what could be improved? Did I continue building the relationship? How well did I listen, what % of the time did I talk? How good was my questioning technique, and did I adapt it to suit my client? What feedback did I receive (body language, tone and words) from the client? Did I find myself being judgemental at times, give examples? How well did I give feedback to the client? How well did I guide the client to “discover the answer for themselves?” Did I feel I was giving too much advice? Did I display the right level of energy to suit my client’s needs?</p>
<p>Reflection on the session or event:</p>	