**SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats)**

Reflect on your professional and personal development:

**Strengths:**

* + What are your greatest strengths as a dental professional? (e.g., clinical skills, patient communication, leadership)
  + What do your colleagues or patients compliment you on?

**Weaknesses:**

* + What areas of your work could improve? (e.g., time management, handling stress, technical skills)
  + What tasks do you avoid due to lack of confidence or skill?

**Opportunities:**

* + What growth opportunities exist in your current role or practice?
  + Are there upcoming training programs, certifications, or events you could benefit from?

**Threats:**

* + What external challenges might affect your career or goals? (e.g., workplace dynamics, industry trends, regulatory changes)
  + Are there habits or obstacles that hold you back?

**Professional Reflection Questions**

These can guide you in identifying focus areas:

What do you enjoy most about your current role?

What’s the biggest challenge you’re facing in your work right now?

Where do you see yourself professionally in 1, 3, and 5 years?

What would you like to achieve by the end of this mentoring program?