MENTOR SESSION QUESTIONNAIRE

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?

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

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

_____________________________________________________________________________________

_____________________________________________________________________________________

How is the mentee doing with his/her skill training initiatives?

_____________________________________________________________________________________

_____________________________________________________________________________________

How is the mentee doing with his/her emotional training initiatives?

_____________________________________________________________________________________

_____________________________________________________________________________________

How is the mentee doing with communication skills initiatives?

_____________________________________________________________________________________

_____________________________________________________________________________________

How is the mentee’s “Thinking Ahead Big Picture” processing working?

_____________________________________________________________________________________

_____________________________________________________________________________________

What’s 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)