

Resource G: Mentor Reflection

Use the following questions at various points in the mentoring relationship to consider how you are doing as a mentor.

Your answers can provide a useful structure for the support meetings you'll have with the mentoring programme co-ordinator approximately every six months. See these meetings as an opportunity to celebrate what's going well and to get some constructive input on areas for your own growth and development.



How often do you meet the young person that you mentor? In your opinion is this about the right frequency (for both of you)?

What broad areas have you been talking about in your mentoring sessions?

Have you felt out of your depth when chatting with your mentee about any particular issues? If so, what help or information have you sought?

Would you say you have developed a good rapport with your mentee?

How often does your discussion turn to spiritual matters? e.g. spiritual growth, the Bible, prayer? Have you had the opportunity to pray with the person that you mentor?

How do you prepare for your mentoring sessions?

Are there any specific areas of your mentoring that you feel you need help or training in?

Have you had any concerns about the young person being at risk and have these been shared?