

## Mentee self-reflection

As you prepare for mentoring, take some time to consider your future and what you would like to achieve during the mentoring process. Consider some short and long-term goals to discuss with your mentor

<b>What would you like to achieve over the next 5 years?</b>
<b>What would you like to achieve over the next 12 months to 2 years?</b>
<b>What do you consider to be your areas of strength?</b>
<b>What do you consider to be the areas in which you need to improve?</b>
<b>What are you hoping to learn or achieve as a result of the mentoring experience?</b>
<b>Reflect upon your answers above and consider what might be useful information to share with your mentor in your first few sessions.</b>