# Mentor Self-Reflection

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mentee’s Name** |  | | | | | | |
| **Mentor’s Name** |  | | | | | | |
| **Please answer the questions below** | **1**  **Poor** | **2** | **3**  **Good** | | **4** | | **5**  **Excellent** |
| **Please rate your current communication skills in relation to mentoring** | **1** | **2** | **3** | | **4** | | **5** |
| **Do you think the Mentoring program helped the mentee understand their responsibilities and work standards?** | **1** | **2** | **3** | | **4** | | **5** |
| **What techniques did you use for resolving differences without damaging the mentoring relationship?** *eg. active listening, empathy, constructive feedback etc.* |  | | | | | | |
| **Briefly give an overall description of your experience with the Mentoring Program.** |  | | | | | | |
| **Do you think this program helped your mentee develop the skills & knowledge needed to take on larger roles**  **and more challenges? Why or why not?** |  | | | | | | |
| **Which part of the mentoring experience do you feel was the most useful in helping the mentee reach the stated goals? Was there an element that you felt was not useful?** |  | | | | | | |
| **If there was one aspect of your Mentoring that could be improved what would it be, and how might you improve it?** |  | | | | | | |
| **What personal benefits did you gain from performing your role as a mentor?** |  | | | | | | |
| **Are you interested in serving as a mentor again? Why or why not?** |  | | | | | | |
| **Are there any other comments or suggestions you would like to make?** |  | | | | | | |
| **Mentor Signature** |  | | | **Date** | |  | |