# Mentee reflection – pre-session

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| Date: | Mentor: |
| Location: | Mentee: |

## Planned agenda

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| *The issues/events that you would like to focus on at this meeting.* |

## What has happened since the last session?

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| *Has there been any key developments i.e. new insights or learning; new issues or decisions that have arisen?* |

**Reflecting on the last sessions agenda how have you moved forward?**

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| *Look at the last sessions agenda. How have you progressed with your previous goals. Any successes? Any barriers encountered?* |

**What issues for action have been identified?**

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| *Where are you stuck? Have your goals shifted? How can you move forward? Where do you need your mentors input?* |

# Mentee reflection – post-session

**What are the key issues that arose in this session?**

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**What areas/outcomes have you planned to tackle?**

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| *What areas have you identified for further development; what actions are you planning; how will you achieve this and by when.* |

**Did any unexpected issues arise?**

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| *Did you find these issues challenging? How did the session make you feel? Why?* |

Once completed keep this form safe for future reflection, you might like to share this form with your mentor.