


Post-session reflection

It is important to take some time to reflect after your mentoring session – both for the benefit of yourself and your mentee. Consider the following ways to do so.

OPTION 1 – WEK TOOL

Following your mentoring session use this simple and easy WEK reflection format to write down your key learning and takeaways:

What went well?	
Even better if...	
Keep on doing...	



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OPTION 2 – EXTENDED WEK TOOL

Using the worksheet below, provide examples to show when/how your used specific skills in your mentoring session:

GUIDANCE NOTES	REFLECTION ON SESSION
What went well & what didn't?	
How was my questioning technique?	
How well did I listen?	
Did I follow any model and how well did that go?	
Was I ethical, non-judgmental, unbiased?	
Did I give appropriate feedback?	
Did I ask for feedback?	
What will I do differently?	