

## Preparing for the mentoring session

Whether you are an experienced mentor, or someone who is about to embark on this rewarding journey for the first time, the reflection prompts below will help you prepare for your next mentoring session.

### 1. Understanding the Mentee's Perspective:

*Take a moment to put yourself in your mentee's shoes. Reflect on their current challenges, goals, and emotions:*

- What might they be feeling or experiencing right now?
- How can you empathise with their situation and create a supportive environment for the upcoming session?
- What were your main takeaways from the previous session, and (if necessary) how will you acknowledge them?

## 2. Clarifying Your Intentions:

*Consider the objectives you have for this mentoring session:*

- What specific insights or guidance do you hope to offer your mentee?
- Reflect on how your past experiences and expertise can be tailored to their needs. Are there any particular stories, examples, or exercises you can prepare to convey your message effectively?
- What do you hope to gain from the session?

## 3. Active Listening and Questioning:

*Reflect on your approach to active listening and questioning:*

- How can you ensure that you are fully present during the session?
- What open-ended questions can you ask to encourage deeper exploration and critical thinking on the part of your mentee? Consider how your questioning technique can guide them toward finding their own solutions and insights