

# The Wheel of Mentoring Skills

Using the Wheel of Mentoring Skills model to reflect on your mentoring abilities helps you continually evaluate and improve in areas such as active listening, questioning techniques, and goal setting, leading to enhanced effectiveness as a mentor and personal/professional development.

## Process

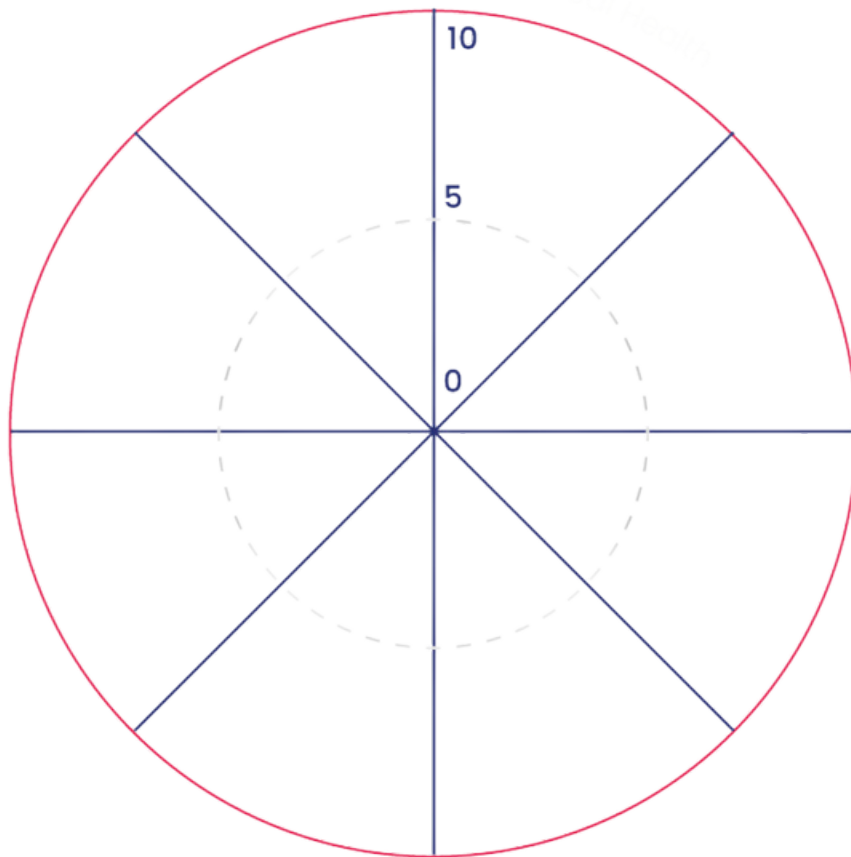
- Use the below templates to assess your confidence/ proficiency level for each skill, rating yourself on a scale of 1 to 10, with 1 being poor and 10 being excellent
- Place a dot or mark within each section to represent
- your self-rating for that skill
- Step back and observe the distribution of marks on the wheel to analyse your strengths and weaknesses
- Reflect on areas where improvements can be made and identify specific actions you can take to enhance those skills
- Review the Wheel of Mentoring Skills periodically to track your progress and make necessary adjustments to your mentoring skill development

## Overview of Key Mentoring Skills



# My Wheel of Mentoring Skills

Date .....



**Area(s) of focus**

**Next Steps**