



Evaluate the Relationship

To ensure that the mentoring relationship remains beneficial, helpful and valuable to both of you consider asking the following statements and/or questions at regular intervals over the scheduled period of mentoring.

Offer feedback to your mentor

Examples of statements would include:

I am finding our mentoring relationship very motivational and thought-provoking

I have lots to go and think about after our meetings

Ask for feedback for yourself from your mentor

Examples of questions would include:

Are we meeting with the right frequency and length of time?

What do you like most about our mentoring relationship?

Are you learning from this relationship?

Am I doing a good job following up on my actions?

Is there anything we should change?

Build in milestones for the duration of the relationship to monitor progress

If we know where we plan to be by the end of the mentoring relationship, building in milestones will help us keep on track.

Example questions in this context include:

Are we meeting the goals and objectives we set at the beginning of the relationship?

Is there anything we should change?

What could I do differently?