

RELATIONSHIP REVIEW

“How is it going?” Worksheet

Instructions: This worksheet is intended for protégés and mentors to complete and share after working together for approximately 3-4 months. It’s time to do a “checkup” if you have already done goal-setting, have gotten to know each other reasonably well and have done a variety of activities together. You can also use this worksheet when things get rocky and you feel some honest mutual feedback might help.

My mentor/protégé and I have been meeting for _____ (amount of time).

I feel we have established enough trust between us that we can work well together.

Yes No Not Sure

If he’s upset or unhappy with our relationship, or me, I’m confident my mentor/protégé would talk to me about what’s going on.

Strongly Agree Somewhat Agree Neutral Somewhat Disagree Strongly Disagree

If I were upset or unhappy with my mentor/protégé or our relationship, I would feel comfortable talking with my him about what’s going on.

Strongly Agree Somewhat Agree Neutral Somewhat Disagree Strongly Disagree

I feel we’ve made real headway in setting goals and take steps to implement them.

Strongly Agree Somewhat Agree Neutral Somewhat Disagree Strongly Disagree

Five things I feel are going great in our mentoring relationship are:

1. _____
2. _____
3. _____
4. _____
5. _____

STRATEGIES FOR SUCCESS IN MENTORING

One thing I wish I could change about how we interact with each other is...

If I had to guess what my mentor/protégé likes best about how we work together it would be...

Sometimes I think my mentor/protégé wishes I would...

After you've each completed this worksheet, consider devoting one of your meetings – or part of one – to sharing your responses. Remember that no relationship is perfect and constructive feedback is healthy and can help strengthen your connection.

Compare your responses. Be sure to value both situations in which you agree and those in which you disagree – it's all good information. After you've finished sharing, talk about next steps – what you each can do to strengthen the “good stuff” and overcome any difficulties. Commit to a plan of action together.