

PROTÉGÉ'S PERSONAL EVALUATION

Before starting a new relationship, it's a good idea for protégés to step back from their day-to-day life and ask themselves – "Where am I? How am I doing?" This activity will also help them get feedback from their mentor on how s/he sees them. They should be sure to complete this exercise before the first meeting. The mentor will be doing a similar exercise in preparation for the meeting.

Instructions

The purpose of this tool is to help you get a real picture of where you are – if you're not honest, you'll end up with a picture of someone else, not yourself, and that won't help you become who you want to be! Answer these questions as honestly as you can:

(1) What are my top five strengths as a person – the top five things I feel good about and am proud of?

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

(2) What are the five areas in which I could improve as a person – the five things I most want to work on or improve about myself?

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

(3) What are the top five opportunities available to me at this moment – things I could do, act on or take advantage of that would help me develop and reach my potential?

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

STRATEGIES FOR SUCCESS IN MENTORING

(4) What are the top five threats I'm facing right now – well-defined threats in the world that could keep me from achieving my dreams?

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

(5) What are the five most important things I can do over the next six months to build on my strengths and overcome my challenges?

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