

SELF-REFLECTION: TURNING CLOSURE INTO LEARNING

- the benefits of mentorship are not one-way - the relationship is reciprocal
- use this exercise to reflect on your learning as a mentor

Reflect on your mentorship role

1. What have I learned about myself through my mentorship role?

2. What were my strengths as a mentor? What did I bring to the relationship?

3. What are some opportunities I have to learn further and grow? What areas do I want to still develop?

4. How will I apply what I have learned in my future roles/jobs/relationships?

5. What are some specific steps that I can take to apply what I have learned?