

Worksheet 2: Strategies for success in mentoring: Personal evaluation

Adapted from Lentin (2004)

Before you start a new mentoring relationship, step back from your day-to-day life and ask yourself where you are and how you are doing. You then can share this information with your mentor at your first meeting as you begin to plan goals and strategies for making your mentoring experience work for you. The purpose of this simple SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis is to help you get a real picture of where you are. Be as honest as possible in answering these questions.

<p>What are my top five strengths – the top five things I feel good about and am proud of?</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>What are the five weaknesses or areas in which I could improve – the five things I most want to work on or improve about myself?</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>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?</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>What are the top five threats I'm facing right now – well-defined obstacles in the world that could keep me from achieving my dreams?</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>What are the five most important things I can do over the next six months to build on my strengths and overcome my challenges?</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.