



YOUR MENTORING RECORD

Use this checklist to keep a record of issues you can discuss with your mentor.

1. What has really frustrated you since the last meeting?

2. What successes have you had since the last meeting?

3. What have you learned as a result of these frustrations and successes?
 - about yourself
 - about the business
 - about relationships
 - technical knowledge
 - other

4. What progress have you made towards career/developmental goals?

5. What unexpected learning has occurred since the last meeting?