

Mentor self-assessment of conversational skills

Completing this self-assessment can help identify your strengths and areas for development as a mentor.

To what extent would others say I ...

	Never	Sometimes	Very frequently
• Listen more than I talk			
• Focus on the other person, not myself			
• Ask open questions			
• Help as a learning facilitator, emphasising questions and exploration over advice-giving			
• Encourage, inspire and challenge others, helping them find their own interpretations and approaches			
• Help others reflect on successful strategies they have used in the past, and how to transfer/adapt these for new situations			
• Identify, and inquire about, signs of discomfort or hesitation			
• Identify goals, signposts or other measures of success			
• Provide perspective, a reality check, constructive feedback			
• Recognise and encourage another person's potential			
• Help others to work through how to approach problem-solving			
• Tell others, genuinely, I believe in their capability			
• Help others to recognise achievements & celebrate successes			
• Ask for specific feedback about the mentoring relationship			
• Have the courage to share my experience, the good and not-so-good			

The top 3 conversational strengths I bring to mentoring are:

- 1.
- 2.
- 3.

One aspect of being a mentor I want to develop is ...