

5 MYs for MENTORING

This mentoring tool provides a framework for mentors and mentees to consider different aspects of life in a holistic manner, and to draw on these in their ongoing conversations.

You can either select one or more of the 5 MYs and focus on those, or take all 5 areas into account. The questions in each of the MYs are suggestions, and can be supplemented or exchanged with further questions and aspects brought in by the mentor or the mentee.

The tool can be used by the mentor to help the mentee raise their self-awareness and define their goals in selected or all five areas.

It can also be used by the mentee to ask questions of the mentor and to learn from his/her experience in the five areas.



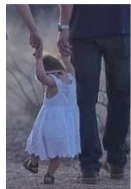
My Style

- How do you present yourself to others?
 - How do you communicate?
- What strategies do you use to influence others?



My Career

- What are your plans for your career?
- What goals do you have and what strategies will get you there?
- How can you hone your skills and awareness in being part of an organisation?



My Life

- How do you maintain balance between the different areas of your life?
- How have you managed life changes? What have you learned from these?
- How do you (learn to) cope with competing demands?



My Studies

- What technical and professional skills do you have and/or want to develop?
- What areas of your study program seem most relevant to you? Why?
- How can you hone your creativity and critical thinking skills?



My World

- How do you become aware of the world around you, and your place in it?
- In what ways are you getting involved?
- What commitments are you making, and how do you intend to sustain these?