

Typical Mentoring Questions:

- What is your goal? What do you hope to achieve from this experience? What is it that you really want to do?
- How will the way that you work be different at the end of this experience?
- What steps can you take to achieve your goal?
- What skills and/or knowledge do you hope to gain from this experience?
- What do you think will be most challenging for you?
- What do you think will be most rewarding for you?
- What are you most concerned about?
- What are you already doing really well that is helping you to get to where you want to be?
- What are you not doing well, that is preventing you from getting there?
- What will you do differently tomorrow to help you meet those challenges?
- How can I help? Where do you need most help?
- To what extent have you accomplished your goal?
- What has been the most challenging for you?
- What has been the most rewarding for you?
- What have you learnt from facing that challenge?
- What have you learnt from that success?
- How might you use that new knowledge/skill/ability in the future?
- In what ways are you different now from the way that you were at the beginning of the experience?
- Who have been the most important/influential people that you have met through the Award and why?
- How might you describe this experience to someone who may be wishing to benefit from the Award?
- If you could do it all again, what would you do differently?