Mentee Journal

1. Date, Place, Time, Duration of Meeting / Contact

2. Objectives / Topics Discussed

3. Structure of Conversation

4. Issues Raised

5. Actions Agreed and Timing

6. Reflections: Was the meeting too long / too short? Did the location / environment impact on the discussion?
Was I questioned, challenged, required to think, allowed to talk? How did I feel before, during after?

7. Plans for Next Time

Date:

Time:

Location:

What can I do to get more from the experience?