

MOMMA: KEEPING MOMENTUM

You're three months in and hopefully you're already making progress with your mentee.

Here's some things you can talk about to make sure you're keeping on track and that you're both getting what you need out of the programme.

- 1 Review progress
- 2 Evaluate time spent supporting your mentee vs challenging them
- 3 Discuss what's working well (and maybe not so well)

1 Review your mentee's goals together and discuss what progress has been made.

- Have any of the goals changed as a result of your sessions? If so do you need to set some new actions to help with these?
- Have they actioned anything yet? If not, discuss what barriers they're facing around putting their plan into action?
- Make sure to celebrate any progress that has been made.

2 As a mentor do you feel you've managed to strike a good balance between supporting them and challenging them?

- If yes, that's great.
- If no, why do you think this is? Do you think you might need a more honest conversation with them? If you've got questions or concerns always remember you can reach out to the WYMM team or community)

3 Now's also a great time to discuss with your mentee how you're finding working together.

- Are there any boundaries you need to revisit? (e.g turning up on time)
- What are you both finding useful so far? (e.g the mentee sending an agenda the day before)
- Is there anything which is getting in the way of your relationship which you'd like to discuss? (e.g being dismissive of suggestions made)
- Do you need all six sessions now you're halfway through?

Lastly, plan for your next sessions and what you want to achieve together.

Oh and don't forget, you're doing an amazing job, thank you.