

# MENTEE: THE LAST SESSION

**Can you believe it, you're already approaching your last session with your Momma. Here's some handy tips to help you both to wrap things up.**

- 1 Review your goals and achievements
- 2 Last minute tips
- 3 Feedback

## 1 Go back to those all important goals again

- Make a list of things you feel you've achieved and you're proud of and what you feel you still need to work on- take them to your last session
- Chat to your Momma about how you can action things which are still on your to-do list

## 2 Are there any last minute questions or tips you'd like to ask your Momma for?

- Do you feel you have everything you need to move forward?
- Is there anything that has cropped up that you'd like to discuss?

## 3 Feedback to each other

- How have you found working with each other?
- What have you both found has worked really well?

**Lastly, don't forget to say a massive thank you to your Momma for giving up their time. Hearing your appreciation really does mean a lot to them.**

**We hope you've enjoyed being part of the programme. We really value your feedback so please fill in the feedback form after your last session. We'll send this to you via email.**