

# SAMPLE MENTORING OBJECTIVES AND QUESTIONS

## OBJECTIVES

- Build self-confidence
- Enhance public speaking skills
- Expand networks
- Clarify career goals
- Learn new skills
- Expand sources of feedback
- Develop skills as a manager
- Develop project management skills
- Increase risk-taking abilities
- Develop interpersonal skills
- Enhance critical thinking skills
- Enhance problem-solving skills
- Develop leadership capabilities
- Prepare for future growth
- Learn how to communicate effectively
- Develop decision-making skills
- Create a productive working environment
- Build emotional resilience
- Become more resourceful
- Develop conscientiousness
- Develop sense of own strengths and weaknesses

## QUESTIONS

**Am I currently facing issues that are hindering my career development?**

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**What strengths do I have that I can better utilise?**

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**What do I find challenging?**

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**What makes me feel drained or stressed?**

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**What helps me work more efficiently?**

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**What do I know I do well?**

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**What do I know I don't do well?**

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**Why am I doing this?**

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**Am I committed to taking the time to participate fully?**