

CQFP Fellow Worksheet

This worksheet is provided to guide your reflection on your current behaviors and to help you and your mentor create a solid foundation for your mentor/mentee relationship.

What are your strengths as a mentee?

- 1.
- 2.
- 3.

What are your challenges or pitfalls when working with a mentor/coach?

- 1.
- 2.
- 3.

What are your goals in this relationship? List at least one professional goal in addition to the project focused goals.

What are your preferences for communicating with your mentor? (Text, email)

How would you like to meet (phone, in person, skype/facetime)? How often would you like to checking in for this to be of help to you?

We all intended to be timely and do a good job. However, work and personal life are busy and we might miss a deadline or not provide a thorough work product. How can you mentor be helpful to hold you accountable?

Thinking about the next two months, how can your mentor be of help to you? What are two things that you are struggling with professionally or with your project?

