**Reflective CPD notes template Saturday 7th October 2017**

**Mentoring** **it is CPD for everyone.**

**Do you think you could be a mentor** yes/no **or a mentee** yes/no**?**

|  |  |  |
| --- | --- | --- |
| **1A Do you have?** | Yes | No |
| Enthusiasm |  |  |
| Passion |  |  |
| A desire to make a difference |  |  |
| Experience you are willing to share |  |  |
| The desire to inspire |  |  |
| The ability to challenge and support |  |  |
| An approachable manner |  |  |
| Good listening, questioning and feedback skills |  |  |

|  |  |  |
| --- | --- | --- |
| **1B** **Are you?** | Yes | No |
| Deciding what career path to take |  |  |
| Struggling with a new role |  |  |
| Developing leadership skills |  |  |
| Developing new services |  |  |
| Managing people |  |  |
| Starting a business |  |  |
| Dealing with conflict |  |  |
| Running a department |  |  |
| Moving into retirement |  |  |
| Having issues with stress management & work-life balance |  |  |

**Group discussion notes:**

|  |  |
| --- | --- |
| **2A Why would you become a mentor?** | **2B What can you achieve?** |
|  |  |

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| **3A In which areas of practice could I be a mentor?** |
| “My strengths as a mentor are….. |

|  |
| --- |
| **3B In which areas of practice could I use a mentor?** |
| “I want a mentor to encourage and support me to….. |

**Reflective CPD:**

**What have I learnt about myself?**

**What have I learnt about what I want?**

**How am I going to take this forward?**