

# Mentor Self-Assessment Tool

	Potential Mentors	yes	no
1	Do you have at least 2 hours per month to meet in person or on the phone?		
2	Do you have knowledge, skills and attitudes that you wish others to develop?		
3	Do you encourage others by giving them praise and positive reinforcement?		
4	Do you enjoy learning from others who have less experience than you do?		
5	Do you appear patient when teaching something to another person?		
6	Do you recognise the potential in individuals beyond what they see in themselves?		
7	Do you maintain strict confidentiality in a professional relationship?		
8	Can you willingly help someone without receiving the thanks or compliments you deserve?		
9	Do you give corrective feedback in a way that doesn't discourage or defeat the person?		
10	Do you have the coaching and counselling skills to be a mentor?		

If you have scored yes in all boxes your experience and skills will be invaluable. If you have scored no in any boxes identify what steps you need to take in order that this can be ticked yes. If you scored no in more than six boxes mentoring is not for you at this stage!