## SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT NURSING AND MIDWIFERY MENTORSHIP

## MENTOR DEVELOPMENT A TEMPLATE FOR NEW MENTORS

These questions are designed to assist you in setting development goals. Work through them systematically. Be honest and realistic.

What strengths do you already have as a mentor?

How did you develop them?

How long did it take to develop them?

## Specify a mentor behaviour you would like to develop:

How can your existing strengths be used to enhance the development of this behaviour?

What skills, knowledge and attitudes do you need to support the development of this behaviour?

What actions will you have to take to achieve this?

What is a realistic timeframe to complete this development and measure your progress?

How will you know you have enhanced this strength? (How will you feel? What will you be doing? How will others see you?)

What support will you need to develop your chosen behaviour?

(Who will you ask? What will you ask for? When will this happen? What resources will you need? Where will you find the resource?)



