

Name —

Date — / /

stupid studio mentorship

Mentee

**Preparing
for our next
session**

Planning your sessions like a pro

In order to take full advantage of the time set aside for the mentoring sessions, it is important to properly plan each meeting. This form should be filled in before each session and sent by email to the Mentor, one to two days in advance in order to fully align intentions and expectations.

Key information



Name —

Date — / /

Next session # —

Next session date — / /

Contact info —

A recap of last session

What were my intentions last session?



When you ended the last session with your Mentor, what *Agreed upon actions* did you set as intentions to work on until the following session?

What have I worked on and/or achieved since last session?



How did your mentorship work progress since the last session, from little steps to larger ones.

What about now?

How do I feel about where I am on the path toward achieving my three actionable goals?



How do you feel currently, within the mentorship process, more specifically working within the framework of your main intention, and your 3 actionable goals? Both positive and negative feelings are welcome, as all emotions are valid within the learning process.

What barriers have I faced recently and what could be potential ways to overcome them?



Change can be hard, and obstacles are a normal part of the process. Can you identify specific barriers you are facing, either external or internal, and what would be a good way to overcome them? How could your Mentor be of help?

Planning next session

What actionable goal will I be focussing on during the next session with my Mentor?



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Remind yourself of where you are in the overall mentorship process (you can refer to the *mentorship timeline* if you need) and what goal, or goals, you are currently focussing on. This will help ground you in the present and visualise your next steps.

More precisely, what do I want to address and/or achieve at the next meeting?



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In order to continue the work on your current goal, or goals, what do you want to address with your Mentor? How can they best help you take the next step? What would you like to talk about or practice together?