

STRENGTHS. What are the key strengths that you'll bring to the role of mentor? How can you ensure these contribute to your mentoring role?

WEAKNESSES. What are the areas that you think you'll need to work on and develop as a mentor? What support, new learning or guidance do you need to develop these areas?

OPPORTUNITIES. What opportunities (personally and professionally) does the mentor role offer you? How could you make the most of these opportunities?

THREATS. What factors could hinder you being able to make the most of the mentoring role? How could you manager or overcome these?

REFLECTIONS

Reflect on the information you have summarised in your SWOT analysis. List down any observations that you can make in the information you have collated. **You might like to share your reflections with a trusted colleague and ask for their guidance on actions you might take.**

ACTIONS

What actions are you going to take as a result of this activity?

Action	By When

GENERAL NOTES
