

The Mentee's Journey of Self-Discovery



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Name of mentee: _____

Name of mentor: _____

TALENTS AND SKILLS

Identify six things that you are good at:

What are your:

(a.) Hobbies

(b.) Favorite books, authors, movies, music groups, food etc.

(c.) Interests

What are the things you are passionate about?

PERSONAL VISIONS AND DREAMS

What drives you to do the work that you do?

What is your vision

(a.) for yourself

(b.) for your community

(c.) for your province/nation?

What inspires you?

What will sustain you as you try to reach your vision/dream?

LEADERSHIP QUALITIES

What makes you a good leader?

Whom do you look up to the most and why?

When you are in a position of leadership, how do you serve others?

Whom do you turn to when making decisions?

How do you deal with conflict?

PERSONAL AREAS FOR IMPROVEMENT

In what areas do you want to improve personally?

What change would you like to see happen in your personal life in the next six months?

What will you do to make that change happen?

What do you need from others and your mentor to further develop?

What support system can you rely on?

PROFESSIONAL AREAS FOR IMPROVEMENT

In what areas do you want to improve professionally?

What skills do you want to develop and enhance?

Where do you see yourself five years from now?

What steps do you plan to take to get there?

PROFESSIONAL AREAS FOR IMPROVEMENT (CONTINUED)

What change would you like to see happen in your professional life in the next six months?

What will you do to make that change happen?

What are the challenges that you are facing in your professional life and how are you overcoming these challenges?

What do you need from others and from your mentor to further develop?

MENTORING PROCESS AND ACTIVITIES

What are your expectations of this mentoring process?

What activities do you want in this process that would aid in your personal and professional development?

Do you have any limitations to consider in planning our activities together?

How do you feel the mentoring process is going so far?

COMMUNICATION

What type of communication do you want to use?

How often should we communicate?

Can we agree upon times for sessions?

Are there any considerations and concerns you want to share regarding communication and time?

How do we ensure that our communication is secure and private?

STATEMENT OF COMMITMENT

I (_____), guided by
name of mentee
my principles and values, energized by my dreams
for myself and my community in cooperation with
(_____), affirm my
name of the mentor
commitment to keep to the plans and hopes written
in this booklet and dedicate my time and energy to
continue on this journey of learning together.

Signature of Mentee

Signature of Mentor

Date

**Mindanao
Peacebuilding
Institute
Foundation
Incorporated
PHILIPPINES**



Apt. 301 Casa Graciana Inn
6 Juna Ave., Matina
8000 Davao City, Philippines
Tel. +63-82-295-3776

mpi@mpiasia.net
www.mpiasia.net