

Self-Mentoring Report

Name _____

Date _____

What was your intention for this session/class/workshop?

Did your intention manifest? How?

What did you appreciate most about the session/class?

How was your timing?

Did anything arise that made you feel uncomfortable? Please describe.

If so, how did you personally handle your feelings of discomfort?

How did you handle the uncomfortable situation with the class/student?

If you felt uncertain about some aspect of your session/class, with whom did you discuss it?

Do you have a strategy for meeting this kind of situation if it should arise again?

Was there any aspect of your session that you would lead differently next time?

What was your class/student/client's response to the session/class/workshop?