

Worksheet 6: AI Sample Prompts

Instructions

1. Write down your area of improvement
2. Download the focus area table related to your area of improvement
3. Refine the prompts, e.g. write into the brackets your area of improvement, add some information
4. Upload the file to ChatGPT, Gemini or another AI tool of your choice
5. Copy-paste the first prompt
6. Check the results, eventually change/adjust the prompts
7. Continue with the next prompt

STEP 1: Analysing Competence

I am a mentor supporting and guiding volunteers in my organisation within the European Solidarity Corps and in the field of International Youth Work and Non-formal Education. I would like to improve my mentoring competence in the area of **[your area of improvement]**. Based on the uploaded document, identify the specific behaviours, knowledge, skills, and attitudes needed to effectively facilitate ongoing reflection and self-assessment of learning outcomes: 1. behaviours (what behaviours do I need to demonstrate), 2. knowledge (what do I need to know), 3. skills (what skills do I need to develop) and 4. attitudes (what attitudes do I need to grow into).

STEP 2: A learning and development plan

Now that you identified the specific behaviours, knowledge, skills, and attitudes I need to effectively **[your area of improvement]** in my mentoring practice, could you create a 30 day learning and development plan that includes: relevant content (theories, models, frameworks) to learn, practical skills to develop as well as small habits that help my grow into attitudes. Please include practical exercises, challenges, real-world projects and resources that are inline with experiential and non-formal learning approaches.

STEP 3: Success strategies

I would like to become a great mentor in this area **[your area of improvement]**. Identify and break down tools, habits and strategies of successful mentors that I could use to effectively develop and grow as a mentor in that area. Please list some reflection questions and journal prompts for self-mentoring.

STEP 4: Worksheets & learning materials

Based on our analysis, could you create a personal mentoring development roadmap that includes: 1. a personal vision section, 2. learning goals across my area of improvement **[your area of improvement]**, 3. a three-month development plan with activities, tools/resources, and 4. reflection prompts, practical templates for session reflection, goal tracking, and journaling as well as a built-in feedback and self-mentoring framework.