

Self-Reflection Tools

For Mentoring Practitioners of European Solidarity Corps Projects

Mentoring under construction



Working with the Mentoring Competence Framework



Mentoring Assessment Tools



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European Solidarity Corps Projects**

**Mentoring Assessment Tools
Mentoring under Construction 2026**

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Self-Reflection Tools

For Mentoring Practitioners of ESC Projects

Mentoring Assessment Tools, Mentoring under Construction 2026

Self-reflection tools are collections of quick and short assessments for ESC mentors and ESC organisations. The tools allow mentoring practitioners to reflect on their mentoring practice. They help identify areas of strengths and improvement and encourage thinking of steps for improvement. The self-reflection tools are based on the **Mentoring Competence Framework for the European Solidarity Corps (ESC)**.

Focus	Mentoring practice of ESC mentors / Mentoring support of ESC Organisations Each self-reflection tool highlights one of the three main parts of the Mentoring Competence Framework: focus areas of mentoring, mentoring competence and ethical guidelines for mentoring (integrity, self-agency, dignity and togetherness).
Target group	Mentoring practitioners, e.g. mentors/tutors, project coordinators, project managers, etc.
Aims	Reflection of mentoring practices and/or mentoring support Identify areas of strengths and improvement Decide on steps to develop mentoring competence / mentoring support
Time	5-10 minutes for the assessment + 10-20 minutes for reflection
Materials	Instruction and reflection questions can be found in the materials: <ul style="list-style-type: none">- Focus Areas of Mentoring: Mentoring Scales- Mentoring Competence: Mentoring Wheel- Guidelines for Mentoring: Mentoring Values- Mentoring Competence Framework
Created by	Andreea Buzec & Michael Kimmig, Mentoring under Construction
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Editorial

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Mentoring under Construction is an initiative and community of mentoring practitioners working on high-quality mentoring for European Solidarity Corps volunteers supported by the National Agencies of Romania, Sweden, France, Austrian National Agency, SALTO European Solidarity Corps Resource Centre and SALTO EuroMed.

[Mentoring under Construction Community](#) (linktree)

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