

Guidelines for Mentoring. Self-Reflection

Mentoring Values: Integrity

This self-reflection allows you to check-in with your values related to mentoring. The Mentoring Competence Framework lists: integrity, self-agency, dignity and togetherness. Please mark on each scale between “1” and “5”: ***If “5” stands for “I am committed and act on this principle” and “1” is the opposite, where are you right now?*** Please mark this for each of the following statements.

I value honesty and trustworthiness.

1 ——— 2 ——— 3 ——— 4 ——— 5

I commit to high standards and strive for authenticity.

1 ——— 2 ——— 3 ——— 4 ——— 5

I maintain confidentiality, and set and respect boundaries for ourselves and others.

1 ——— 2 ——— 3 ——— 4 ——— 5

I intend to provide volunteers with support and guidance that help improve their well-being, learning and development.

1 ——— 2 ——— 3 ——— 4 ——— 5

I am setting a positive example for our volunteers with our behaviour and actions.

1 ——— 2 ——— 3 ——— 4 ——— 5

Now, add your numbers, multiply them with 5 and subtract 25 from your result.

Results: _____ x 5 - 25 = _____ (between “0” and “100”)

Reflection

1. *Where do you feel you are doing well with integrity?*
2. *Where do you see an opportunity to strengthen integrity?*
3. *What is one small action you could take today to live more into integrity?*

Notes

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Mentoring Values: Self-Agency

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I value that volunteers are willing and able to shape their own path in life through their choices and actions.

1 ---- 2 ---- 3 ---- 4 ---- 5

I believe that volunteers seek a meaningful and fulfilling voluntary service and are ready to engage in new situations and overcome challenges.

1 ---- 2 ---- 3 ---- 4 ---- 5

I support volunteers in setting healthy boundaries in relationships and standing up for themselves and others.

1 ---- 2 ---- 3 ---- 4 ---- 5

I support volunteers in becoming more (self-)aware of themselves & their volunteering journey.

1 ---- 2 ---- 3 ---- 4 ---- 5

I encourage volunteers to take responsibility for and ownership of their choices and actions.

1 ---- 2 ---- 3 ---- 4 ---- 5

Now, add your numbers, multiply them with 5 and subtract 25 from your result.

Results: _____ x 5 - 25 = _____ (between “0” and “100”)

Reflection

1. *Where do you feel you are doing well with self-agency?*
2. *Where do you see an opportunity to strengthen self-agency?*
3. *What is one small action you could take today to live more into self-agency?*

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Mentoring Values: Dignity

This self-reflection allows you to check-in with your values related to mentoring. The Mentoring Competence Framework lists: integrity, self-agency, dignity and togetherness. Please mark on each scale between “1” and “5”: ***If “5” stands for “I am committed and act on this principle” and “1” is the opposite, where are you right now?*** Please mark this for each of the following statements.

I value equality and equity, mutual respect and fairness in interactions with others.

1 ——— 2 ——— 3 ——— 4 ——— 5

I believe in the ability of volunteers to learn, change and grow.

1 ——— 2 ——— 3 ——— 4 ——— 5

I believe in the ability of volunteers to take on challenges with courage and to see their journey as an ongoing opportunity for learning and development.

1 ——— 2 ——— 3 ——— 4 ——— 5

I engage with volunteers and others in an ethical manner.

1 ——— 2 ——— 3 ——— 4 ——— 5

I strive for transparency, mutual respect and accountability.

1 ——— 2 ——— 3 ——— 4 ——— 5

Now, add your numbers, multiply them with 5 and subtract 25 from your result.

Results: _____ x 5 - 25 = _____ (between “0” and “100”)

Reflection

1. *Where do you feel you are doing well with dignity?*
2. *Where do you see an opportunity to strengthen dignity?*
3. *What is one small action you could take today to live more into dignity?*

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Mentoring Values: Togetherness

This self-reflection allows you to check-in with your values related to mentoring. The Mentoring Competence Framework lists: integrity, self-agency, dignity and togetherness. Please mark on each scale between “1” and “5”: *If “5” stands for “I am committed and act on this principle” and “1” is the opposite, where are you right now?* Please mark this for each of the following statements.

I value cooperation, acts of solidarity based on empathy and compassion, and empowering mutual support.

1 ——— 2 ——— 3 ——— 4 ——— 5

I believe in the power of community and the power of united actions based on a spirit of solidarity founded on diversity and inclusion.

1 ——— 2 ——— 3 ——— 4 ——— 5

I approach every interaction with kindness, empathy and compassion.

1 ——— 2 ——— 3 ——— 4 ——— 5

I keep an open mind, respecting and including various perspectives and diverse backgrounds.

1 ——— 2 ——— 3 ——— 4 ——— 5

I help create a safe, supportive and empowering environment.

1 ——— 2 ——— 3 ——— 4 ——— 5

Now, add your numbers, multiply them with 5 and subtract 25 from your result.

Results: _____ x 5 - 25 = _____ (between “0” and “100”)

Reflection

1. *Where do you feel you are doing well with togetherness?*
2. *Where do you see an opportunity to strengthen togetherness?*
3. *What is one small action you could take today to live more into togetherness?*

Notes