

MENTORING



Example

<i>Sleeping</i>	<i>Appetite</i>	<i>Socialising</i>	<i>Anxieties</i>	<i>Confidence</i>	<i>Self-perception</i>
5	3	3	6	5	3
8	5	3	4	6	8

Mark how you score yourself at the beginning of the programme and at the end, look above for an example marks out of 10 and 10 being highest. Lower scoring can be seen as a positive look at confidence this person feels more confident, after mentoring, therefore scored themselves higher.

<i>Sleeping</i>	<i>Appetite</i>	<i>Socialising</i>	<i>Anxieties</i>	<i>Confidence</i>	<i>Self-perception</i>