



Prepare

- A process of self-awareness - mindful, open, compassionate
- What are we working on together and am I free of opinion?
- How might I contribute to advancing the thinking of my mentoree?



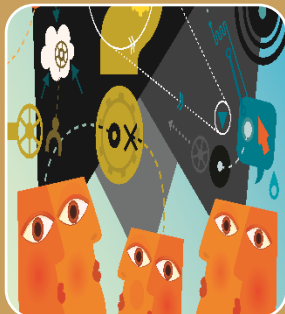
Listen in the space in-between

- What are they experiencing that is affecting them?
- Do I get a sense of what they need?
- Am I staying silent to listen? Am I aware of when I am distracted and able to re-focus on their story?
- Am I staying curious?
- The best question: ...and what else?



Check-in and Check-out

- We come from somewhere else before our meeting - clear the mind
- Check-in with small-talk: What is top-of-mind for you today?
- Check-out: What are we taking away from our meeting today?
- Next steps?
- What made a difference for you today?
- This is what made a difference for me



Practice

- Pay attention to the circumstances of **you** within your environment:
- What am I thinking, feeling, sensing?
- What is my intention? What am I wanting to happen? Is it appropriate? Is this my goal/answer/solution or is it thiers?
- Am I providing advice too early in the exploration process?
- Bring focus back to your partner and remain curious