



NAWO Mentoring Program 2025: Mentoring Development Plan

We suggest that you identify four to six areas that you would like to grow and make progress in during the course of the mentoring experience. You could focus on areas such as:

- Personal development: increasing personal confidence and capacity in identified areas
- Professional development: increasing professional knowledge and capacity
- Career development: increasing understanding of future career pathways
- Industry development: increasing knowledge and networks across the industry.

The mentoring sessions are a great 'accountability tool' for you to remain focused on your growth opportunities. By identifying what progress will look like for you, it becomes easier to identify the specific development activities and actions that will support you to achieve your goals.



Growth Opportunities and Goals

Growth Opportunity	Progress will look like...



Development Activities

What activities will help you develop and grow over the next 12 months? Take a moment to add and reflect on these after each mentoring session.

OPPORTUNITIES to take	KNOWLEDGE & SKILLS to develop
EXPERIENCES & NETWORKS to gain	ATTITUDES to embrace



Development Actions

For each development activity you listed above, identify what you will do to ensure you progress. Some questions to ask to help you identify these actions might include:

- What specific action will I take?
- When will I do this?
- What support will I need?
- What story am I telling myself about why I CAN'T do it?
- What story will I tell myself about why I CAN do it?