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- 1. I listen to the whole issue before commenting.
- 2. I give advice but still expect the mentee to make their own decisions.
- 3. I always find time to help.
- 4. I always question thoroughly to find the real issues.
- 5. I always give honest opinions.
- 6. I have a good range of networks and contacts that can be utilised appropriately.
- 7. I am not intimidating I'm easy to approach at any time.
- 8. I know what I am talking about I am good at my own job.
- 9. I look for the reality within which a mentee works.
- 10. I always focus on mentee needs during a mentoring session.
- 11. I don't get irritated by a mentee who doesn't get the point quickly.
- 12. I am an optimist.
- 13. I am encouraging.
- 14. I am always well prepared in advance.
- 15. I am a positive role model in terms of my own achievements.
- 16. I can help a mentee believe in their potential.
- 17. I am open to new ideas.
- 18. I know when to introduce options which may not have been considered.
- 19. I can challenge assumptions skilfully.
- 20. I am a positive person.
- 21. I possess great patience.
- 22. I am interested in people.
- 23. I am an active listener.
- 24. I am non-judgmental.
- 25. I feel comfortable about having my views challenged.
- 26. I am enthusiastic about mentoring.
- 27. I am very knowledgeable about developmental issues.
- 28. I am tolerant.
- 29. I don't expect a mentee to be like me.
- 30. I am prepared to learn with the mentee.
- 31. I can give feedback skilfully.
- 32. I can allow a mentee the freedom and confidence to make mistakes.

- 33. I see my mentees as equals.
- 34. I have sound judgement.
- 35. I am able to distance myself, and maintain objectivity.
- 36. I am keen to allow mentees to make their own decisions.
- 37. I keep in regular contact with those I mentor.
- 38. I take an interest in the individual mentee I value their views and what they say.
- 39. I am able to probe beyond the superficial.
- 40. I can provide the space for a mentee to express their feelings.
- 41. I can draw out a mentees' ideas and I'm willing to use them.
- 42. I have a true passion for developing others, and really believe in the value of development.
- 43. I can avoid the temptation to direct conversation back to myself and my issues and experiences.
- 44. I can challenge constructively and directly to get to the heart of the matter.
- 45. I won't just tell a mentee what they want to hear.
- 46. I never appear keen to get a mentoring meeting over with and move on to the next thing.
- 47. I don't talk about my own achievements too much.
- 48. I have a genuine desire to empower.
- 49. I am responsive to my mentee.