

MENTORING SELF-ASSESSMENT

Rate your experience and/or exposure in the following areas:

1-Limited exposure 2-Able to exhibit basic competency 3-Competent in this area 4-Source of strength and influence.

AREAS	RATING SCALE 1-4	
	Before	After
Continuous Improvement Individual, Program and Organizational Performance.		
Emotional Intelligence Self-awareness and adapting our style to others.		
Drive Personal Growth Understand how to identify, articulate and execute professional goals that lead to growth as an individual contributor or leader.		
Compliance Understand the importance of Work/Life Balance while achieving it personally.		
Communication Able to have meaningful conversations with others to generate new ideas. Able to effectively give and receive positive and negative feedback.		
Safety Understand the core principles of Safety and how they apply to OTS.		
Inclusion Understand the importance of Inclusion in the Workplace and know how to be an inclusive person.		

Other Areas

Use this form to help find areas that you would like to develop further. We have given some suggested areas as you and your Mentor determine your action plan. However, if there are other areas that you would like to work with your Mentor, please use the blank boxes to fill in those areas.