

## Handout: Reflecting and Learning from Past Experiences

1. Think about someone who made a positive difference in your life:
  - What behaviors and characteristics were displayed that made the relationship successful?
  
  - What qualities did you bring to the relationship to make it successful?
  
  - What did you take away from this experience?
  
2. Now think about an unsuccessful mentoring relationship and answer the same questions:
  - What behaviors and characteristics were displayed that made the relationship successful?
  
  - What qualities did you bring to the relationship to make it successful?
  
  - What did you take away from this experience?
  
3. Read through your responses, and **highlight** or underline the words or phrases that you find most important or striking. What themes arise?
  
4. How can you incorporate these themes into your new mentoring relationship?