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Wellbeing is your natural state.

Mentoring Session Tracker
(extended version)

Name: _____ Date: _____

With regard to today's session, tick the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely	
You felt understood, accepted and respected.	0	1	2	3	4	
We talked about things that are important to you.	0	1	2	3	4	
The way we worked together was a good fit for you. It felt right.	0	1	2	3	4	
Overall, today's session was helpful.	0	1	2	3	4	Total Score

If you wish, share what you liked about today's session and what you feel might be helpful to focus on in the next one.

Experience wellbeing every day.

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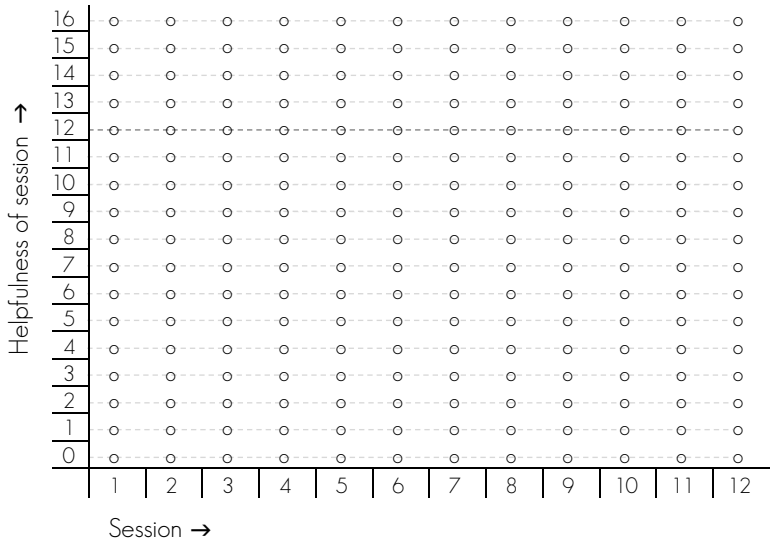
Wellbeing is your natural state.

Mentoring Session Tracker
(extended version)

Name: _____

Start Date: _____ (session one)



Feedback is a safe conversation about something important.

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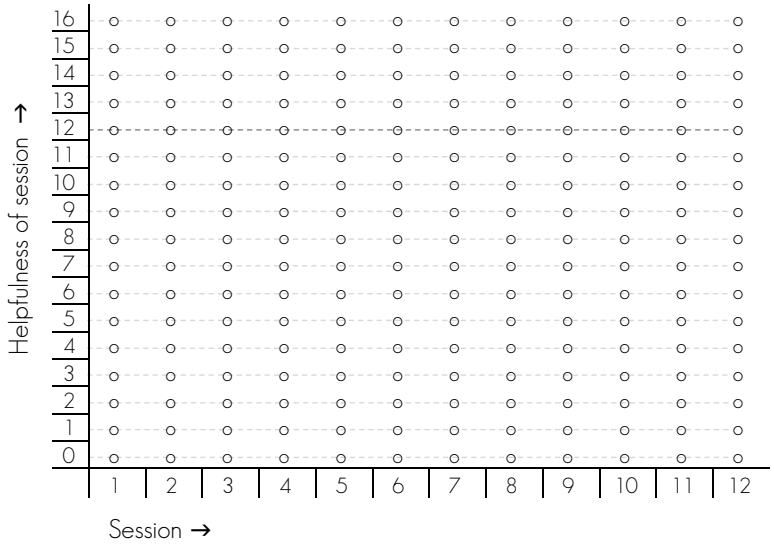
Mentoring Session Group Tracker
(extended version)

Group: _____

Start Date: _____ (session one)



Instructions

1. Plot the average total score of the group on the chart. If the group feels it would be helpful also plot the highest and lowest scores.
2. Consult as a group and talk about some ideas to improve the groups average score by on the chart.

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Add up your total score.
Step 3: Plot your total score on the chart.
Step 4: Reflect on the chart and think about ways to improve the score in the next session.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker use it in such a way that it is a positive experience for everyone involved – that's the key!

Wellbeing and Recovery Trackers

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