



# Final Meeting Reflection

The final mentoring meeting is a time for mentoring pairs to reflect upon what has been shared and learnt over the course of the mentoring relationship and to celebrate the achievement of milestones. Think back to the initial contact between you, and the hopes and concerns that you both had at that time. Review the original plans that you had and consider how these have been addressed over the course of the mentoring relationship.

Take time prior to the final meeting to reflect on the questions below and use your responses as the starting point for the final discussion.

<b>Mentee:</b>		<b>Mentor:</b>		<b>Date:</b>	
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**What has been the greatest benefit you have received from this experience?**

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**What was the most significant learning for you as a result of the mentoring relationship?**

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**What were the greatest challenges?**

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**Recall and describe one discussion that had the most impact for you.**

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**What is something that you will stop doing or do less of in the future?**

**What is something that you plan to do or will do more of in the future?**

**How was the effectiveness of the partnership evaluated?**

**What impact will this mentoring relationship have on your work performance?**

**Any ideas for improvement – for yourself, your partner, or the program coordinator?**

**What topics did you discuss? (Check all that are relevant)**

Career Development	Exam preparation	Research
Career Satisfaction	Fellowship training (not exam)	Rotations
Clinical issues	Financial decisions	Staff interactions
Communication issues	Personal / Family issues	Supervisor issues
Critical incidents	Professionalism	Work / Life balance

Other (Please specify):