

# GEO (client intranet) – Resources for Mentoring and Coaching

## Guideline

Complete the Mentee pilot questionnaire for your goal and share it with your Mentor. The highlighted boxes below indicate the recommended tools for each goal, along with the date by which they are expected to be completed.

- 1) Career. Potential Tools to support your journey
- 2) Confidence. Potential tools to support your journey

## TOOLS

|                                                                                     |                               | Career Goal | date | Confidence Goal | date |
|-------------------------------------------------------------------------------------|-------------------------------|-------------|------|-----------------|------|
|   | Strengths                     |             |      |                 |      |
|  | Stakeholder Map               | ✓           |      | ✓               |      |
|  | Flourishing wheel - wellbeing | ✓           |      | ✓               |      |
|  | Fixed growth mindset          |             |      | ✓               |      |
|  | Self-motivation               |             |      | ✓               |      |
|  | Self-esteem                   |             |      | ✓               |      |
|  | Self-compassion               |             |      | ✓               |      |
|  | Listening                     | ✓           |      |                 |      |
|  | Self-regulation               |             |      |                 |      |
|  | Emotional intelligence        | ✓           |      | ✓               |      |
|  | Values exercise               |             |      |                 |      |
|  | RE-grow                       |             |      |                 |      |
|  | Burnout                       |             |      |                 |      |
|  | Time management               | ✓           |      |                 |      |

|                                                                                   |                                     | Career Goal | date | Confidence Goal | date |
|-----------------------------------------------------------------------------------|-------------------------------------|-------------|------|-----------------|------|
|  | scaling                             |             |      |                 |      |
|  | Harvard 3Qetc leadership survey     | ✓           |      |                 |      |
|  | People leader feedback survey       |             |      |                 |      |
|  | Leadership hygiene survey           |             |      |                 |      |
|  | Working and leading remotely survey |             |      |                 |      |
|  | Fulfilment survey                   |             |      | ✓               |      |
|  | New leaders fears survey            |             |      |                 |      |
|  | Career mind map                     | ✓           |      |                 |      |

## Frameworks

|                                                                                     |                                      | Career Goal | date | Confidence Goal | date |
|-------------------------------------------------------------------------------------|--------------------------------------|-------------|------|-----------------|------|
|  | Goal types                           |             |      |                 |      |
|  | Goal hierarchy                       | ✓           |      | ✓               |      |
|  | Regrow                               |             |      |                 |      |
|  | Effective language and communication | ✓           |      | ✓               |      |
|  | Feedback                             |             |      |                 |      |
|  | Unconscious bias                     |             |      |                 |      |
|  | Journaling                           | ✓           |      | ✓               |      |
|  | Self-regulation worksheet            |             |      |                 |      |