FIRST MEETING CONVERSATION TEMPLATE

Confidence and Challenges

Mentor Name:
_____

Mentee Name:
_____

Date: _____

About This Template

Use this guide to structure your first mentoring conversation around confidence, challenges, and commitment.

1. Self-Assessment

On a scale from 1 to 10:

How confident do you currently feel about your future?

1 2 3 4 5 6 7 8 9 10

How confident do you feel about achieving your goals?

1 2 3 4 5 6 7 8 9 10

2. Success Reflection

Tell me about something you are proud of.

3. Current Challenges

What is the biggest challenge you are facing right now?

4. Support System

Who currently supports you?

- ▫ Family
- ▫ Friends
- ▫ Community
- ▫ NGO
- ▫ Mentor
- ▫ Nobody

☐ Other: _____

What would help you feel more confident?

6. Commitment

What is one thing you are willing to work on before our next meeting?

Notes