

**2 b. Optional Preparation and Documentation Tool for Mentoring Meetings
using the GROW Model**

Name of Mentee: _____

Date of Meeting: _____

Goal:

Reality

1. Accomplishments to date:

2. New Challenges:

Options

Wrap-up

1. Strategies to achieve goal:

2. Evidence of progress: How will you know you're making progress?

3. Milestones: Sketch a brief timeline of milestones:
