

## Coaching and Mentoring Network Goal Setting

<b>Name</b>	
<b>Date</b>	

### Goals

<p><b>What do you hope to achieve from the coaching/mentoring relationship?</b></p>	
<p><b>What areas do you wish to work on? The list below may help you with some ideas:</b></p> <ul style="list-style-type: none"> <li>• <i>Your work?</i> personal performance, career development, motivation and fulfilment, ability to lead others, etc.</li> <li>• <i>Your lifestyle?</i> e.g. work/life balance, social life, hobbies, interests, etc</li> <li>• <i>Your relationship with others?</i> E.g. partner, immediate family, friends, colleagues</li> <li>• <i>Your learning and development?</i> E.g. life experiences, formal training</li> <li>• <i>Your sense of contribution?</i> E.g. at work, at home, in your community</li> <li>• <i>Your health and wellbeing?</i> E.g health, nutrition, eating patterns, fitness and relaxation, etc</li> </ul>	

What support do you want from your mentor/coach as you work on your chosen areas:	
1) During the sessions	
2) In-between / outside of sessions	