



## Monthly Mentoring Session Questionnaire

*Please reflect on these questions before your monthly mentoring session so you are best prepared for it. Please email it to your mentor at least 24 hours before your monthly mentoring call. Keep it to 1-2 sentences per question.*

1. How has your LDT journey been this month? How connected to the LDT have you felt?

2. What do you want to celebrate? What have been your successes?

3. Is there any area you are struggling with in the LDT (or with your leadership in your life in general), anything that is challenging? Please describe.

4. How is your project planning and/or execution going? How can your mentor support you with it?

5. What would you like support with on your call? How can your mentor best support you?