

Worksheet: Mentoring in the Current Crisis

Presented by

Ann Rolfe, Founder Mentoring Works

1. Who do I need to reach out to with support, right now?
2. Who might support me?
3. What resilience thinking, actions and behaviours will I begin? For myself?
4. What questions can I add to my “stock”?
5. What can I do to reduce misinformation?
6. How will I increase my wellbeing?