**Assess your own mentoring skills**

It’s important to understand the areas you are able to provide mentoring support for another individual, and assess the level of time you have in sharing these!

Using the table below, you can quickly draw out the specific skills, knowledge, and experience you have. You can then rate on a scale of 1 – 5, where 1 is poor and 5 is excellent, your:

1. Suitability to mentor an individual in this area: to what extent are you skills, knowledge or experience in this area suitable to improve the skills, knowledge or experience of another? All scores of 1 or 2 in this area would suggest you are not ready to mentor in these areas.
2. Time available to support an individual in this area: will it be time consuming to share and support another individual understand about this area, or will it be an easy sharing of knowledge?
3. Commitment to support a mentee: Your reasons to support a mentee may be so strong that you are keen to pass on your skills, knowledge, and experience in specific areas, or you may be less interested to share specific elements of your work (for many reasons!).

It’s then possible to add your scores together and assess which areas you are most suited to mentor in. A total score of 10 or above would indicate that you could provide good support for another individual in this area (remembering that all suitability scores of 1 or 2 are excluded irrespective of the final score).

**Mentor skills, knowledge and experience assessment form**

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|  | Suitability to support a mentee? 0 – 5 | Time available to support a mentee in this area? 0 -5 | Commitment / will to support a mentee in this area? 0 -5 | Total score |
| Example | 4 | 2 | 4 | 10 |
| Collections management of sporting objects |  |  |  |  |
| **Skills** |  |  |  |  |
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| **Knowledge** |  |  |  |  |
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| **Experience**  |  |  |  |  |
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