

Individual Field Application Exercise: Mentoring

Worker: _____ Date: _____

Worksheet

Practice: Through practice we will build the capacity and motivation to enhance our skills.

- Identify one skill from the Mentoring module to practice in the field with one family/individual during the next month.

Two skills covered in the Mentoring Module:

1. Educating families on how to navigate our systems.
2. Providing and receiving feedback.

Skill _____

Family/Individual Name _____

What will I say and do next time I meet with this family/individual? _____

Small Steps of Change: Making small steps of change will positively impact families/individuals and increase our positive outcomes.

- Identify two small steps of change you will make during the next two months to build on your Mentoring skills:

1. _____

2. _____

Support: Supervisors and MiTEAM Specialists are committed to helping you increase your knowledge, skills, and abilities related to Mentoring.

Types of Support	Date and Time	Help Requested
Scheduled time with Supervisor		
Scheduled assistance with the MiTEAM Specialist (optional)		