



## Tool 2

# Areas of Focus for the Mentee's Learning Journey: Attention and Intention

This worksheet is designed to support the mentee and mentor-coach in becoming clear together, regarding the areas of focus for the mentor-coaching process (the desired change, learning, and growth).

Identify at least five major areas of focus to help the mentee articulate what he or she wants out of the mentor-coaching process in terms of expanding awareness, choice and intentionality, and support for learning and growth leading to transformational change.

### Areas of Focus

1.

2.

3.

4.

5.



6.

7.

8.

9.

10.