

End of Mentoring Relationship

This activity helps mentors and mentees reflect on their progress, celebrate achievements, and transition out of the mentoring relationship in a meaningful way. By sharing reflections and setting future goals, mentees gain a sense of closure and direction for their next steps.

Process:

1. Closing Ceremony (15 min)

- Mentors and mentees write a short letter to each other, reflecting on:
 - Key takeaways from the mentoring relationship.
 - Progress made and skills developed.
 - Future goals and next steps.
- Exchange letters to formally mark the transition.

2. Reflection Journal (10-15 min)

- Mentees write their own reflections on their growth and what they will take forward.
- Example:
 - “Over the last six months, I learned to take initiative and trust my decision-making process. Going forward, I will apply these skills by taking more leadership roles.”
- Mentors reflect on their own experience, noting what they learned and how they can improve future mentoring relationships.

Reflective Closure Prompts

- Reflect on the biggest personal or professional change you’ve experienced during this mentoring relationship.
- What would you like to continue working on independently now that the formal mentoring relationship is ending?

