

FREE RESOURCES

Mentoring Conversation Guide

Questions and frameworks for meaningful mentoring relationships.

Questions and frameworks to help mentors and mentees make the most of every conversation. Use this loosely — the goal is a real conversation, not a checklist.

Opening (5 minutes)

- How are you doing — really?
- What has God/life been teaching you since we last spoke?
- What are you most encouraged or discouraged about right now?

Exploring (15–20 minutes)

- What is the biggest challenge in front of you right now?
- What have you already tried? What happened?
- What options haven't you considered yet?
- Whose voice or example could help you here?
- What would you do if you weren't afraid?

Committing (5–10 minutes)

- What is one specific step you will take before we meet again?
- What could get in the way — and how will you handle it?
- How will you know you've made progress?

Closing (2–3 minutes)

- What is one thing from today you want to hold on to?
- How can I be praying for you / supporting you this week?
- When should we meet next?

Notes From This Session

Commitment for Next Time
