

Personal SWOT Analysis Tool

Adapted from *Mentoring: A Henley Review of Best Practice* by Jane Canwell-Ward, Patricia Bossons and Sue Gover

This tool may be especially helpful when used in preparation for completing the Mentee Application or before the first meeting with your mentor.

Strengths:

(Current competences, experience and core talents)

Weaknesses:

(Competences/knowledge needing development)

Opportunities:

(Career aspirations, interests, possible job moves)

Threats:

(Perceived obstacles)