

# ARTS EMERGENCY

## GOAL SETTING

Goal setting is key to a good year of mentoring, and we encourage all of our mentor pairs to set goals at the start of their mentoring relationship. Some goals will be immediate wins and others will be more forward thinking. Sometimes goals will change and develop into something else entirely! The main purpose of goal setting is to help your mentee to start thinking about the future and open up conversations about what that might look like. The form below may help you to structure your mentoring meetings and the discussions that you have.

This table is also in your mentee's handbook.

	Goal 1	Goal 2	Goal 3
What are my goals?			
How will I achieve my goal?			
How will I know if I have achieved this goal?			
When will I have achieved each goal?			

If your mentee is struggling with this, you may find it is helpful to complete this [goal setting sheet](#) that explores areas that can lead to the creation of goals.