

## APPENDIX I

### Transition SWOT Analysis

The purpose of this simple SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis is to help both mentor and mentee in the mentoring process. Be as honest as possible in answering these questions.

What are my top five strengths – the top five things I feel good about and am proud of?	1. 2. 3. 4. 5.
What are the five weaknesses or areas in which I could improve – the five things I most want to work on or improve about myself?	1. 2. 3. 4. 5.
What are the top five opportunities available to me at this moment – things I could do, act on or take advantage of that would help me develop and reach my potential?	1. 2. 3. 4. 5.
What are the top five threats I'm facing right now – well-defined obstacles in the world that could keep me from achieving my dreams?	1. 2. 3. 4. 5.
What are the five most important things I can do over the next six months to build on my strengths and overcome my challenges?	1. 2. 3. 4. 5.