

### **Technical sheet for mentors**



# **6. ACTION PLAN**

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Mentorvention circles	Goal Setting & Planning	30 mins	1
Learning-2-Learn dimension elements	<ul> <li>Developing long term goals</li> <li>Locating meaningful learning targets</li> <li>Identifying effective strategies</li> <li>Planning out steps</li> </ul>		
Tags	Goal setti	ng, planning learning, lea	rning goals, action plan













#### The aim of the activity

To motivate and help the mentees to take action in reaching their goals by formulating a plan of action based on the learning and knowledge of strengths, values, skills, networks/ supporting persons etc. gained throughout the programme. This way of anchoring one's goals motivates and enables the mentees to focus on their resources and ability to reach it in their everyday life.

#### Preparation

Print the handout.

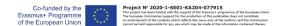
#### Application

- 1. If the mentees have not already worked with the SMARTE Goal Setting Model, have them do this, and use the instructions to help the mentees formulate and set one or more goals.
- 2. If the mentees have one or more goals formulated with the SMARTE Goal Setting Model, hand out the Goal setting and action plan activity. Ask them to reflect on their goals, and then fill out the plan. Help the mentees prioritise the goals according to which is more important and why they have chosen to place them in this particular order.
- 3. Ask the mentees to share with the other group members, one action that they want to engage in and are motivated to commit to.
- 4. Have the mentees share one action that they want to engage in and are motivated to commit to in the mentoring circle.
- 5. Ask the mentees to reflect upon the learning of this exercise and to take note of it in the handout
- 6. When the mentees finish this task, ask them to present it to the group.
- 7. Ask the mentees to reflect upon the learning of this exercise and to write their conclusions in the handout.
- 8. When the mentees finish this task, ask them to present it to the group.



Direct link to the activity handout on the learning platform

https://upsim.aidlearn.eu/en/









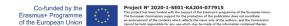


# **Activity tool**

Insert the activity, set up ready to print, in the way the mentees will receive in handout format.

### **Step 1 Goal Setting – Anchoring my Goal**

What is your Goal?	
Identify the 3 most important activities (max 3) that will get you closer to your goal	
Why do you want to do it?	
How will you do it? What exactly are you going to do – And when? (Date and Time)	











Which of your personal strengths do you want to apply in relation to these activities?	
Which types of obstacles could hinder you from achieving your goals?	
Who will support you?	
What mind-set or attitudes (positive belief) will support you in the process (What positive things can you tell yourself?)	
What value/benefit will you gain from acting on and reaching on your goals?	











## **Step 2: Goal Setting - Commitment contract**

My goal is	I will take these actions steps
1)	
2)	
3)	
in order to reach my goal.	
Starting from this date	
by relying on the following str	rengths and positive & constructive core beliefs
about myself	
	•

I will turn to these people	
i will turn to triese people	
	for support and
guidance to help me reach my goals.	
When I have achieved this goal I will be feeling	
	and will have
gained these benefits	









Name and place	
Mentee Signature	
Name and place	
Trainer/mentor Signature	









