

2. Self-assessment of know-how capitalization, exploiting and handover

Please tick one option for every statements by choosing from 1 “I strongly disagree” to 7 “I strongly agree” and 0 “I do not know”

	1	2	3	4	5	6	7	0
1. I think I have many things to teach young people thanks to my experience as an entrepreneur or person with entrepreneurial skills								
2. I am able to convey to young people what I can do								
3. I believe that my experience as an entrepreneur or person with entrepreneurial skills is adequately appreciated by young people								
4. I believe that my experience as an entrepreneur or person with entrepreneurial skills is adequately appreciated by adults and older people								
5. I believe that my skills as an entrepreneur or person with entrepreneurial skills can be exploited to the maximum by future generations								
6. I think I do my best to encourage generational change in my business								

3. Self-assessment of mentoring skills

Please tick one option for every statements by choosing from 1 “I strongly disagree” to 4 “I strongly agree” and 0 “I do not know”

I CAN...

Mentoring skills	1	2	3	4	0
1. Building Authentic Relationships					
2. Building Trust					
3. Being a Community Networker					
4. Listening actively					
5. Managing Conflict					
6. Coaching					
7. Developing metacognitive processes					
8. Encouraging and Inspiring					
9. Providing and Receiving Feedback					
10. Guiding					
11. Supporting the solution-finding process					

4. On the basis of the above mentoring skills you think you have, indicate when you have recently used at least 3 of the skills you have identified in the previous table. To answer, you can use the following template (for example "I have built authentic relationships that time ..."):

a) I _____
That time....

b) I _____
That time....

c) I _____
That time....

5. Self-assessment of mentoring competences

Please indicate 3 competences that you feel you possess, by placing a cross in the cells of the right hand column of the following table.

Mentoring competences	Definitions	Competences I have
Building relationship with the mentee	Ability to establish a meaningful dialogue that includes active listening skills, ability to empathize and show positive consideration, openness and mutual trust and ability to identify and enhance both the common points and the differences	
Active listening	Listening skills, observing as a receiver, parallel processing, ability to project information, observe as an issuer, abandon the listening process	
Give a direction	Ability to identify, clarify and manage the objective; personal design; verification of the level of commitment of mentee (pupil) to specific objectives; reality exam)	
Planning action and defining objectives	Ability to obtain information on the objectives of the mentee, define and detail mentoring objectives, plan the achievement of the proposed objectives, establish and apply the decision procedures in the short and medium term	

6. On the basis of the above mentoring competences you think you have, indicate when you have recently used up to 3 of the competences you have identified in the previous table. To answer, you can use the following template (for example "I knew how to set a direction that time ..."):

a) I _____
That time....

b) I _____
That time....

c) I _____
That time....

7. Which knowledge about mentoring would you like to improve? [To ask only in case of theoretical lessons during the training]

8. Which mentoring skills would you like to refine?

9. Which mentoring competences would you like to improve?

10. Which main benefits could arise from the training for you (for example general well-being, self-esteem, feeling useful for young people, chances for socialization, implementing the acquired knowledge in your business, etc)?

OPTIONAL QUESTIONS

1. Well-being self-assessment

For each statement please indicate which best describes your experience over the last 2 weeks, choosing either:

5 4 3 2 1	All the time Often Some of the time Rarely None of the time	5 All the time	4 Often	3 Some of the time	2 Rarely	1 None of the time
	a) I've been feeling optimistic about the future					
	b) I've been feeling useful					
	c) I've been handling the stress					
	d) I've been dealing with problems well					
	e) I've been thinking clearly how to solve problems					
	f) I've been feeling close to other people					
	g) I've been able to make up my own mind about things					

2. Self-esteem self-assessment

For each statement indicate how much you agree or disagree with a sign on one of the 4 options that follow each statement.

1. On the whole, I am satisfied with myself.			
Strongly Agree	Agree	Disagree	Strongly Disagree
2. At times I think I am no good at all.			
Strongly Agree	Agree	Disagree	Strongly Disagree
3. I feel that I have a number of good qualities.			
Strongly Agree	Agree	Disagree	Strongly Disagree
4. I am able to do things as well as most other people.			
Strongly Agree	Agree	Disagree	Strongly Disagree
5. I feel I do not have much to be proud of me.			
Strongly Agree	Agree	Disagree	Strongly Disagree
6. I certainly feel useless at times.			
Strongly Agree	Agree	Disagree	Strongly Disagree
7. I feel that I am a person of worth, at least on an equal level with others.			
Strongly Agree	Agree	Disagree	Strongly Disagree
8. I wish I could have more respect for myself.			
Strongly Agree	Agree	Disagree	Strongly Disagree
9. All in all, I am inclined to feel that I am a failure.			
Strongly Agree	Agree	Disagree	Strongly Disagree
10. I take a positive attitude toward myself.			
Strongly Agree	Agree	Disagree	Strongly Disagree

3. Self-efficacy self-assessment

For each statement indicate how much you agree or disagree, following the criteria of the following table where 1 = "strongly disagree" and 4 = "strongly agree".

1. I can solve difficult problems	1	2	3	4
2. If someone opposes me, I can find the way or the system to get what I want	1	2	3	4
3. For me it is easy to achieve my goals	1	2	3	4
4. I am confident I can cope with unexpected events efficiently	1	2	3	4
5. Thanks to my personal resources, I know how to handle unexpected situations	1	2	3	4
6. I can solve most problems thanks to the commitment that I put in it	1	2	3	4
7. I remain calm in dealing with difficulties because I can trust in my abilities	1	2	3	4
8. When faced with a problem, I usually find several solutions	1	2	3	4
9. Even in situations of "stalemate", I can always think of something to be implemented	1	2	3	4
10. Even in the face of failure, I do not give up	1	2	3	4

3. I believe that my experience as an entrepreneur or person with entrepreneurial skills is adequately appreciated by young people								
4. I believe that my experience as an entrepreneur or person with entrepreneurial skills is adequately appreciated by adults and older people								
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4. On the basis of the above mentoring skills you think you have, indicate when you have recently used at least 3 of the skills you have identified in the previous table. To answer, you can use the following template (for example "I have built authentic relationships that time ..."):

d) I _____
That time....

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d) I _____

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That time....

7. Which knowledge about mentoring would you like to improve further? [To ask only in case of theoretical lessons during the training]

8. Which mentoring skills would you like to refine further?

9. Which mentoring competences would you like to improve further?

10. Which main benefit arose for you from the training you attended within the “Be The Change” project (e.g. general well-being, self-esteem, feeling useful for young people, chances for socialization, implementing the acquired knowledge in your business, etc)?

11. Did the training organized by the Erasmus+ “Be The Change” project meet your expectations and needs?

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