



## Mentored LF's Feedback Form

**Instructions:** By guiding and encouraging LFs to grow and excel, mentors can help LFs reach their potential. Please take a few minutes to give the MLF feedback on his or her mentoring skills. If you filled in the electronic version of the form, save the file as **Mentored LF's Feedback Form (your name here).pdf**.

MLF Candidate's Name: \_\_\_\_\_ Mentored LF: \_\_\_\_\_

Sport: \_\_\_\_\_ Date: \_\_\_\_\_

Outcome: Supports or Informally Mentors Participants after Training		
Criteria	Check One	Evidence
<b>Opportunities for Communication</b>	<input type="checkbox"/>	The MLF planned follow-up meetings with me or reached out to me via emails or phone calls
	<input type="checkbox"/>	The MLF planned follow-up meetings with me
	<input type="checkbox"/>	The MLF did not respond to questions from me after training
<b>Cognitive Coaching</b>	<input type="checkbox"/>	The MLF reflected on, questioned, and evaluated his or her thinking to understand how it affected performance, was a flexible and confident problem-solver, and encouraged others to be the same
	<input type="checkbox"/>	The MLF was driven by a desire to learn, embraced challenges, persisted in spite of obstacles, learned from criticism and feedback, and encouraged others to adopt these attitudes
	<input type="checkbox"/>	The MLF did not exhibit a desire to improve and learn, did not intervene in situations where this attitude was needed, and did not encourage others to develop these attitudes

**Comments:**