

Domainal mapping

This is a particularly useful model to use where the area of concern is quite broad.

Zone 1: Identify the domain of current concern

(Examples: current job / juggling work, family and leisure / career development, relationships with family, friends or colleagues / a challenging situation or event)

Then go on to explore the following zones. Remember the importance of active listening, including open questions. It can be helpful here for the mentee to make notes.

Zone 2: What is going well? What's difficult? Where are the points of tension?

Zone 3: What do you put into it? What do you get out of it?

Zone 4: How do you want it to be?

(It can be helpful here to look at first and 'ideal' then an 'achievable goal')

Zone 5: What needs to change in you?

Zone 6: What needs to change in the situation?

Zone 7: What steps will you now take?

(This can be developed into a full action plan either here or later, with an overall goal (Zone 4) and a series of steps to achieve it)