

# 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)