**SWOT analysis of your coaching/ mentoring abilities**

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| *Complete the following SWOT analysis starting with the shaded areas and then reflect on how you can improve your skills* | Strengths | **Weaknesses** |
| **Opportunities** | *[How do I use these strengths to take advantage of these opportunities?]* | *[How do I overcome the weaknesses that prevent me taking advantage of these opportunities?]* |
| **Threats** | *[How do I use these strengths to reduce the likelihood and impact of these threats?]* | *[How do I address the weaknesses that will make these threats a reality?]* |