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Time Wasters and Mentoring Exercise

1. Reflect upon your current situation
2. Identify possible time wasters that may be impinging on your effectiveness and ability to work on your own initiative as a mentor.
3. Use the table below to help you, by listing the time waster, the source of this waster and the impact that this is having or might have on your role as a mentor.

Time Waster	Source	Impact

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