

G S T A R

What are your **GOALS**?

-Short-term, long-term, for each interaction.

What **SITUATION** are you facing

-What current situation do you find yourself in? Do you need help navigating or have questions?

What is your **THINKING** at this time?

-What options do you have? What assumptions have you made?

What **ACTIONS** are you considering?

-What actions need to be taken, and in what order?

What **RESULTS** do you expect?

-What do you think will happen? Is that what you want?
How can we help achieve desired results?



GSTAR is a useful technique in mentoring. It can be used to start any interaction. It can help explore a particular issue with your mentor and even help identify answers to questions you have.