

CASTLEKNOCK COLLEGE UNION

MENTEE FORM

Strictly private & confidential

The information on this form will be used to find you a suitable mentor. It will be shared with your mentor and will also be held on record by Castleknock College Union, for mentoring purposes only. This information will not be distributed to anyone, except your nominated mentoring partner. By completing and emailing your completed form, you understand and accept that the information will be retained for this purpose. Email your completed form to mentoring@knockunion.ie

Name:

Email:

Telephone number:

Year in which you left Castleknock College:

Current occupation:

Number of years in this occupation:

Location:*

Please note that location is used as part of the mentor/mentee matching process, in order to enable face to face meetings.

Please provide a brief (less than 250 words) overview of your career and educational history to date. Please list achievements, positions, dates and places.

What are the main areas in which you are seeking guidance from a mentor? (select all that apply)

- Career change
- Communication and influencing skills
- Confidence building
- Equality issues
- Exploring external employment opportunities
- Finding your advocacy/negotiation style
- Making partner/promotion
- Raising your professional profile
- Resilience / coping with challenges
- Returning to work after maternity leave or career break
- Self-awareness (how your behaviour contributes to success/failure)
- Starting your own practice or business
- Time management/goal setting
- Team motivation & management
- Work/life balance
- Other. Please specify.

What would you most like to gain from participating in the mentoring programme?

Please provide some information on any non-work activities, interests or responsibilities that you have (optional).

Please provide any other information you think may be relevant or useful in successfully matching you with a mentor.