Mentor Form –
Knock Union Mentor Programme

The information on this form will be used to match you with a suitable mentee. Please note that your completed form will be given to your mentoring partner 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.

Questions marked '*' are compulsory.

Name:*

Email:*

Telephone number:*

Firm/Organisation:*

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

Number of Years career experience (please detail any breaks also):*

Qualifications etc*

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

Do you have any preferences about what you are looking for from a mentee?*

What goals/issues would you most like to discuss with your mentee?* (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.

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

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 for your mentee to know. (optional)