

Use this form to consider yourself, your needs and your expectations of the partnership and the programme before meeting your mentor. You'll discuss this at your first meeting.

I expect my role in the mentoring partnership to be

The development needs I'm most hoping to progress through mentoring are:

| Career planning | Personal empowerment |
|---------------------------------|----------------------------------|
| Professional skills | Technical practice and standards |
| Wellbeing and work-life balance | Support for Chartership |
| Other (please specify) | |

The progress I would like to make with each is

The type of support I most require from my mentor is:

| Expert knowledge in my specialist area | Sounding board for ideas |
|---|---|
| Motivation to stretch myself | Help clarifying my direction |
| Building the capability I need to help me improve | Validation of my direction and approach |
| Help networking and opening doors | |

I want my mentor and I to begin by discussing the following challenges or opportunities

The skills, qualities and attributes I am looking for in a mentor are

I learn best when

The criteria I would use to evaluate a successful mentoring partnership are