

MENTEE INTAKE FORM

The Mentee Intake Form will help us match you with the ideal mentor and allow them to tailor the mentorship experience to best support your goals and needs.

FULL NAME _____

PERSONALIZED PREFERENCES _____

MAIN COMMUNICATION PREFERENCE:

Email Chat function Face to face Virtual call Phone call

MEETING COMMUNICATION PREFERENCE: Face to face Virtual call Phone call

LEARNING STYLE Visual Auditory Kinesthetic Reading/Writing

WORK ORIENTATION Job Career Calling orientated

TOP STRENGTHS

Note: There are various free or paid assessment platforms available to help identify top strengths.

COACHING COMMUNICATION STYLE PREFERENCE

Direct Supportive Gentle Collaborative Detailed Solution-Focused

PROFESSIONAL BACKGROUND AND ASPIRATIONS _____

Current Job Title and Responsibilities _____

Overall Career Experience _____

Experience in Current Field and Department _____

Career Goals for the Next 5 Years _____

What parts of your current work or career do you enjoy the most? _____

What strengths would you like to further enhance? _____

Are there any areas of improvement or skills you seek guidance on? _____

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MOTIVATION FOR SEEKING A MENTOR AND INSIGHTS _____

Why are you seeking a mentor? _____

What goals do you want to achieve through this mentorship program? _____

What strengths would you look for in a mentor? _____

Have you had a mentorship experience in the past? If yes, what went well and what could have been improved?

Is there anything else your mentor should know about you? _____

Thank you for taking the time to complete the Mentee Intake Form. We deeply appreciate your effort in sharing this valuable information, as it will help us gain a clearer understanding of your goals and needs. This will allow us to match you with a mentor who is best suited to support your journey.