

Name —

Date — / /

stupid studio mentorship

Mentee

**Why
I am here**

Identifying your motivations & expectations

Both Mentor and Mentee have their own personal motivations for participating in the mentorship program. In preparation for the first session, this form will help you to reflect on, as well as identify your intentions and expectations.

During the first session, sharing these motivations with one another will encourage understanding and open discussion, and will help plant the seeds for a fruitful, honest and empathetic mentoring relationship.

About me



Name —

Date — / /

Contact info —

Ice breakers

Here are a few fun thought-starter questions to get your creativity flowing! Feel free to share your answers with your Mentor to help break the ice during your first session.

Your spirit animal —

Your alter ego career —

A cult snack —

A desired superhero ability —

Your most cherished ritual —

Your current screensaver —

Your favorite book —

The earworm of the month —

Your weirdest hobby —

A bucket list trip —

Who am I?

My professional background



Here are a few thought-starters, but feel free to only answer the ones that you are comfortable with — How did you decide what you wanted to do in your professional life? What did you focus your studies on? What was your first job? What path did you take to get where you are today? Did your career pivot or change at any point? What do you like/dislike the most about your job? Is this your first time participating in a mentorship program?

Important stuff to know about me



Here are a few thought-starters, but feel free to only answer the ones that you are comfortable with — What are some of your key personal values? What do you care the most about in your life? What brings you joy? What do you do in your downtime? How do you create space for personal projects? How do you nurture your creativity? What inspires you in your day-to-day life?

Why am I here?

What are my motivations for participating in the mentorship program?



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Here are a few examples for inspiration — Feeling more comfortable in the workplace / Developing confidence and openness when sharing ideas / Attaining more focussed professional skills / Fulfilling specific requirements for future training programs / Building stronger communication, team building or management skills / Gaining confidence in public presentations / Improving my knowledge in X program / etc.

What do I expect to learn or gain from the mentoring process?



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Here are a few examples for inspiration — Exploring, developing and acquiring new skills and knowledge / The reception of honest and constructive feedback / The possibility to set specific career goals and receive the necessary help to achieve them / A new perspective on my interpersonal skills / A renewed passion for my professional practice / etc.

What are my expectations towards the Mentor?

Here are a few examples for inspiration — The Mentor will be open to giving and receiving feedback / The mentor will be honest with me about what I could work on and improve / The Mentor will communicate with empathy and honesty / The Mentor will be present and dedicated to the process / The mentor will honour the meeting agreements / etc.

