

Name —

Date — / /

stupid studio mentorship

Mentor

**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 Mentee 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?



Here are a few examples for inspiration — Sharing my knowledge and experiences / Focussing and growing a capacity to nurture and inspire / Practicing a series of skills such as active listening, communication, facilitation, leadership and empathy / Training my feedback “muscle” / Getting inspired by a new point of view / etc.

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



Here are a few examples for inspiration — Increased self-reflection in regard to my own capacities and limitations / A new perspective on my interpersonal skills / A feeling of being valued and appreciated for my knowledge and skills / New sources of inspiration / A renewed passion for my own professional practice / etc.

What are my expectations towards the Mentee?

Here are a few examples for inspiration — The Mentee will be present and dedicated to the process / The Mentee will respect my time and availability / The Mentee will be open to giving and receiving feedback / The Mentee will prioritize the “homework” we set after each session / The Mentee will be honest with me about how they feel throughout the process / etc.

