

**Personal Mentoring Plan. Mentee Profile**

**About myself**

**Contact details**

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age: \_\_\_\_\_

Nationality: \_\_\_\_\_

Telephone: \_\_\_\_\_

City of Residence: \_\_\_\_\_

Skype name: \_\_\_\_\_

\_\_\_\_\_

Others: \_\_\_\_\_

\_\_\_\_\_

**Description of myself**

Career incl. industry & role:

\_\_\_\_\_

\_\_\_\_\_

–

My strengths

1 \_\_\_\_\_

4 \_\_\_\_\_

2 \_\_\_\_\_

5 \_\_\_\_\_

3 \_\_\_\_\_

6 \_\_\_\_\_

My interests

\_\_\_\_\_

\_\_\_\_\_

–

Adjectives that describe me best

\_\_\_\_\_

\_\_\_\_\_

–

Imagining myself today in 10 years: Who/what do I want to be? What do I want to be known for & to whom?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Based on the answers to the last questions what are the areas in which I seek a mentor (e.g. leadership, business creation, marketing, work-life balance, ...)?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

The goals that I want to achieve are

Goal 1

Goal 2 \_\_\_\_\_

Goal 3

\_\_\_\_\_

### About the mentor

#### **Description of the ideal mentor**

Career incl. industry & role:

\_\_\_\_\_  
\_\_\_\_\_

Strengths

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

Interests

\_\_\_\_\_  
\_\_\_\_\_  
—

Adjectives that describe the mentor best

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What role do I want the mentor to play (e.g. act as sounding board, provide developmental feedback, share experiences, connect with relevant people, ...)

\_\_\_\_\_  
\_\_\_\_\_

