

**Your details**

First name ....................................................................... Surname ................................................................................

Email address .................................................................................. Phone number ........................................................

Address........................................................................................................................................................................................................................................................................ Postcode .............................................................................

**Your skills and experience**

1. Do you have any experience of mentoring?

 Yes, I have been a mentor  Yes, I have been mentored  No, neither

2. What work or volunteering have you done? ........................................................................................................................................................................................................................................................................................................................................................................................

3. Which of the following do you feel confident in doing? Tick all that apply.

 Giving advice about a topic I know well  
 Listening to others  
 Helping someone with a difficult decision  
 Helping someone work out what they want  
 Speaking up for someone  
 Public speaking  
 Planning a project  
 Planning an event  
 Making a budget  
 Helping to resolve conflicts between people

4. What are your talents? *(telling jokes, playing a musical instrument, art, other languages...)* ........................................................................................................................................................................................................................................................................................................................................................................................  
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5. What are your interests and passions? *(drama, local issues, the environment, faith, campaigning...)*........................................................................................................................................................................................................................................................................................................................................................................................  
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6. What do you think you could bring to the role of Mill Mentor?  
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7. What interests you about becoming a Mill Mentor?  
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8. What do you want to gain out of the experience?   
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9. What is your time availability? Tick all that apply.

 I’m available in the evenings  I’m available during weekdays  I’m available at weekends

**Declaration**

If selected as a Mill Mentor:

* I will attend the training sessions, contribute to the Mill Mentoring programme to the best of my ability and act according to The Mill’s values.
* I will keep in regular touch with my mentee and let the Mill Mentoring Coordinator know if I have any problems.

Signature: ................................................................................. Date: .............................................