

Coaching and Mentoring Application Form

It is helpful for us to understand what you hope to get out of the coaching or mentoring relationship so that you can be matched with a coach or mentor who will best meet your individual needs.

Before completing the form below, please access the separate document on our website outlining the differences between mentoring and coaching to help guide your decision as to the arrangement you require. Fundamentally, a mentor is someone who shares their knowledge, skills and/or experience, to help their mentee to develop and grow. A coach is someone who provides guidance to a coachee on their goals and helps them to reach their full potential.

Please ask yourself why you would like to receive coaching or mentoring and what you anticipate the outcome to be before submitting your application. This is important so that you are able to evaluate the benefit of the coaching or mentoring to you and your work.

Please take your time to answer the following questions as clearly and thoughtfully as possible and return the completed form to education@companyofnurses.co.uk

Name:	
I wish to apply for *Coaching / Mentoring * delete as necessary	
What do you seek to achieve through this relationship?	
How would you describe your current situation?	
What do you consider to be your main challenges at present?	
Are there any particular qualities that you would really like to notice in your coach or mentor?	
What words would you choose to describe your personality, strengths and areas for development?	
How do you seek your personal motivation and what drives you?	
What do you value most about your life or yourself at?	

Is there anything that you would like to clarify or raise about coaching, how it works or what to expect?

What are your coaching/mentoring topic areas?

Have you received coaching or mentoring before? If so, what was your experience?

How soon would you like your coaching/mentoring to begin?

Why do you want to access coaching or mentoring?

What do you anticipate the benefits of coaching or mentoring to be?

How do you plan to evaluate the impact of the coaching or mentoring on you and your work?

Immediately following the coaching:

Within 3 months of completing coaching:

In the longer term: