**BIHMR Mentee expression of interest form**

**(Early and continuing career research staff)**

**1. Personal details**

**Name:**

**Email:**

**Phone number:**

**Job title:**

**Department:**

**Building/location/office number:**

**2. Please provide a statement including your background, research interests and what you would like to gain from the mentorship scheme (approximately 300 words):**

**3. Please indicate up to four key priority areas that you would like discuss with a mentor:**

|  |  |
| --- | --- |
| Raise awareness of career opportunities |  |
| Networking skills |  |
| Applying for research grants |  |
| Publication of research |  |
| Public speaking and dissemination of research |  |
| Academic leadership skills |  |
| Enhancing national/international profile |  |
| Improving role performance |  |
| Personal professional development |  |
| Decision making |  |
| Managing transitions |  |
| Work-life balance |  |
| A sounding board for ideas |  |
| Challenging thinking |  |
| Encouragement and support |  |
| Communicating effectively |  |
| Overcoming obstacles |  |

Other priority areas – please specify below:

**Please indicate your top 3 preferences from the list of mentors on the website in the space below:**

1.

2.

3.

**Please send completed forms to Director of postgraduate research, Dr Sion Williams:** [**sion.williams@bangor.ac.uk**](mailto:sion.williams@bangor.ac.uk)