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**What is Mentoring?**

*“Mentoring is to support and encourage people to manage their own learning in order that they may maximise their potential, develop their skills [and] improve their performance.”*

*Eric Parsloe, The Oxford School of Coaching and Mentoring*

Mentoring is a partnership between two people (mentor and mentee) normally working in a similar field or sharing similar experiences.

Mentoring provides the mentee with an opportunity to think about how they might progress in their career and get feedback on work related issues. The mentor can act as a sounding board offering advice for career and professional development and helping the mentee to consider different perspectives.

**NHSF Student and Early Career Professionals Mentoring Programme**

This mentoring programme has been set up to enable us to offer support to emerging professionals in heritage science and conservation research. We would like to offer help for students and early career professionals (ECPs) as an opportunity to develop their:

* Career pathway
* Long-term research direction (in this programme, the mentor is not intended to be an academic supervisor but rather a professional guide)
* Understanding of the funding landscape for research through conversations with established professionals in the field.

**The programme is open to applicants from the UK**. The mentors offer their time voluntarily and we ask them to work with you for three one-hour sessions generally over a 6-month period. This will give you an opportunity to gain insight and advice on certain work and related issues, but also a taste of the benefits and possibilities of mentoring, and how it might be of use to you in future. Once we receive the form below, we will match you with a mentor and provide you with their contact details. Once we provide you with the details of your mentor **it is up to you to contact the mentor, preferably within 7 days, to set up the initial meeting; how often you meet, where and when is entirely for you and the mentor to decide. However, if you have any issues contacting your mentor, please do not hesitate to contact us.**

We will provide guidelines to you as a template of how you might want to run the sessions, but we do not want to be prescriptive, and you should agree with the mentor what will work best for you. We can also aim to match mentees with mentors with a similar lived experience (e.g. under-represented members of the community); please let us know if this is a key topic you would like to receive mentorship around. **NHSF Mentee Application Form**

Name:………………………………… Email address…………………………

**Please answer the following questions:**

1. Have you been mentored before? If so, please give details below, including what worked for you and what didn’t work. (In no more than 100 words)

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1. Why do you want to participate in this opportunity and what are your expectations of your mentor? **Please be specific** as this will help us to match you with the mentor we feel will be best suited to you. The more specific you are with your goals for the mentoring, the easier it is for us to match you with someone appropriate but remember that the mentor is only committed to three sessions so please be realistic. (No more than 250 words)

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1. What **sector/sectors** of heritage science would you ideally like your mentor to be working in? (No more than 100 words) We will do our best to accommodate your request, although we cannot guarantee that we will be able to find a mentor working in your sector of choice.

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1. **Biography** – No more than 150 words

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**Please return this form to** [**administrator@heritagescienceforum.org.uk**](mailto:administrator@heritagescienceforum.org.uk) **by 5 June 2023. If you submit your form after this date, it may not be possible to consider your application to the programme.**

**Data protection:**

The information you submit on this form will be held by NHSF and will be shared with the contractors and volunteers responsible for administering the scheme. The information that you submit in answer to Q5 (biography), together with your name and email address will be shared with potential mentees. By completing this form, you are consenting for your personal information to be stored and used in this way.

Further information on how NHSF manages individuals’ personal data can be viewed here:

<https://www.heritagescienceforum.org.uk/about/privacy-and-cookies-notice>