



## Mentor Application Form

Please fill out the form below to allow us to help match you to a mentee:

Name	Ashley Towers
Where do you live?	Winchester
What level of training are you?	ST5
Are you a full or less than full time trainee?	Full
Where is your training post from March 2017?	PICU at UHS
What are your career aspirations (including SPIN or Grid)?	Grid PEM from Sept 2017
Have you had any previous mentoring experience or training?	Yes – I'm an MEF and a mentor for the Medical Education Mentorship
What other work related interests do you have? e.g. education, research	Education education education 😊
What non-work related interests do you have? i.e. hobbies?	All sort of arts and crafts Once upon a time I was fit and played a lot of squash...less so at the moment but hoping to change that!
Tell us about yourself and what you can offer to a mentee: (approx. 250 words)	<p>The words most frequently used by others to describe me are energetic and enthusiastic. I am passionate about medical education and am a Medical Education Fellow. I have received mentorship training in my role as a mentor for the Medical Education Mentorship programme.</p> <p>I grew up in Singapore and returned to the UK for university. I did my undergrad training and foundation programme in South Wales prior to getting itchy feet and moving down to Wessex. I was initially as an FTSTA which I was then able to change to run-through training. I was unsure of my career intentions so escaped to Melbourne, Australia for a 2 year stint as an OOPE during which I had a fab time working in various specialities but</p>

focussing on Paeds Emergency Medicine and Transport Medicine in the form of a Neonatal Retrieval job.

My take on this mentorship is that I would be a sounding board, an objective reviewer, someone to reflect with, someone to talk things through, someone to help you arrange and collect your thoughts, someone to debrief with, someone to have a beer with, someone to rant to...whatever you might need me to be.

I believe a mentorship is designed to be primarily for and driven by the mentee and I would do whatever I could to help you with whatever you need. All I ask is for honesty and clear communication. What you'll get in return is mutual respect and a friendly, smiling face with a listening ear.