



## Mentor Application Form

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

Name	Carla Wesley
Where do you live?	Chandler's Ford (right in the middle!)
What level of training are you?	ST3
Are you a full or less than full time trainee?	Full Time
Where is your training post from March 2017?	Winchester
What are your career aspirations (including SPIN or Grid)?	General at the moment – considering other options such as community and possibly respiratory SPIN
Have you had any previous mentoring experience or training?	I have previously mentored sixth form students from underprivileged backgrounds wishing to do medicine and helping them through the application and CV building process.
What other work related interests do you have? e.g. education, research	Teaching and education
What non-work related interests do you have? i.e. hobbies?	My main hobbies are cooking, being by the sea and walking in the New Forest. I do love a good dinner with friends, copious amounts of prosecco and board games! And always having a holiday planned...
Tell us about yourself and what you can offer to a mentee: (approx. 250 words)	<p>I grew up in Cornwall (hence my love of the sea!), moved to Southampton for University and haven't left Wessex since. I became a doctor to do Paediatrics, but like everyone I think, sometimes struggle with the long hours and rota juggling that paediatrics brings with it.</p> <p>I have worked in a lot of the units around the deanery including neonates (PAH and QAH), SGH, Salisbury, Winchester, Poole, PICU and soon Dorch so have come across a lot of ways of doing things and characters!</p> <p>I am currently full time but getting married this year and would love to join the LTFT club at some point.</p> <p>I think (and hope) that I can offer a good pair of ears, a shoulder to cry on if necessary and PRN coffee/wine/cake. I am happy to help with exam practice,</p>

advice on coping strategies if/when motivation is low and generally just be a friendly face to chat to about life! I also have Type 1 Diabetes that has bought an extra level of challenge to training. As a result, I think I have a good understanding of controlling a chronic condition and looking after myself (not always well) while trying to juggle everything else – so if you have a chronic condition I may be a useful source of support.

I really enjoy giving people a boost and am really looking forward to being a mentor, in whatever capacity I can be useful.