



## Mentor Application Form

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

Name	Clare Hollingsworth
Where do you live?	Dorchester
What level of training are you?	St7
Are you a full or less than full time trainee?	LTFT
Where is your training post from March 2017?	Poole
What are your career aspirations (including SPIN or Grid)?	General Paeds Respiratory SPIN
Have you had any previous mentoring experience or training?	Informal mentoring RCPCH mentoring champions day 2016
What other work related interests do you have? e.g. education, research	I enjoy teaching (including SIM) STRIPES – getting involved in the innovative stuff that goes on in Wessex
What non-work related interests do you have? i.e. hobbies?	My family (husband and 2 kids, 3 and 5 years) and all that family life entails.  CrossFit and fitness/sporty stuff
Tell us about yourself and what you can offer to a mentee: (approx. 250 words)	<p>I am a Southampton trained paediatric St7 and I have a very keen interest in becoming a mentor.</p> <p>My paed experience has been pretty varied so far with time spent in community, neonates, PICU, respiratory and nephro at SGH and lots of DGH general paed - which is my real passion! Who doesn't love a bit of bronchiolitis and chronic constipation?!</p> <p>I have been involved in a bit of research, lots of teaching and have a special interest in respiratory paed.</p> <p>Over the (many) years I have benefited from some fabulous advice, support and cuddles</p>

from my seniors but never had a formal mentor.

I would love to provide consistent support and hopefully be a useful 'resource' to junior trainees particularly those who work part time or who are planning to in the future. I hope I can provide encouragement as well as some challenges to help my mentees to achieve all that they want to professionally, whilst still balancing home and family life effectively.

I am a pretty relaxed and open person and I hope I will be an approachable mentor. I envisage a fair amount of cake being consumed in our meetings!