



## Mentor Application Form

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

Name	Fiona Hignett
Where do you live?	Bournemouth
What level of training are you?	ST5 (but currently out of programme)
Are you a full or less than full time trainee?	Full time
Where is your training post from March 2017?	Out of Programme – QI & Education fellowship at Southampton Children's Hospital
What are your career aspirations (including SPIN or Grid)?	General paediatrician with interest in medical education, QI & patient safety
Have you had any previous mentoring experience or training?	Nothing formal, but during my undergraduate teaching role, I have acted as a point of contact for student's concerns and questions and offered advice and further training where helpful or necessary.
What other work related interests do you have? e.g. education, research	I have a keen interest in medical education, simulation and QI. I have created an undergraduate simulation based training package which has been disseminated across the deanery. I am the current trainee co-ordinator for the PREP 1.2 programme, and will be starting a part-time Master's degree in January 2017 in Medical Simulation and Patient Safety.
What non-work related interests do you have? i.e. hobbies?	<p>I'm an avid rugby union fan and try and go to the recreation ground to watch Bath Rugby play as much as possible! (The trip always includes a compulsory Cornish pasty and pint (or 2) of cider)!</p> <p>I love music and enjoy playing the piano and singing. I have been a chorister since I was 10 and have sung in church choirs ever since. I have sung all over the country including Westminster Abbey, Chichester Cathedral</p> <p>I have my PADI advanced open water qualification, although I don't manage to go scuba diving nearly as much as I would lie to.</p>

Tell us about yourself and what you can offer to a mentee: (approx. 250 words)

During my training, I've been fortunate enough to 'stumble across' 2 fantastic and invaluable mentors. They have helped me achieve massive success, from being awarded best trainee presentation for my simulation work at an international conference to successfully applying for my current education & QI fellowship role. I would really like to help inspire junior colleagues, in the way my mentors have inspired me, and feel the 3 attributes below will sum up how I could do that...

- 1) **Enthusiasm** – I have bucket loads of it! I try and approach life with a positive attitude and cross barriers as and where they occur. As a mentor I would act as a sounding board for my mentees ideas and help guide them through the good times and the trickier times.
- 2) **Interest** – I will have a keen interest in my mentee succeeding, which will mean making myself accessible to them and keeping in touch as often as they feel will be helpful – whether that be face to face, over email or on the phone. I will help them to set short term goals and long-term dreams and I will offer constructive feedback to help them meet these, whilst always valuing their opinion.
- 3) **Insight** – over the past 5 years as a paediatric trainee, I have passed my MRCPCH exams and have navigated the out of programme application process. I have gained experience in presenting at local, regional and international conferences and hope to help a mentee do the same! I will share my experiences and ideas freely...our time is too valuable to re-invent the wheel!