



## Senior Buddy Application Form

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

Name	James Hammond
Where do you live?	Eastleigh (Chandlers Ford if I want to sound posher)
What level of training are you?	ST4
Are you a full or less than full time trainee?	Full Time
Where is your training post from September 2017?	Southampton Neurology / Winchester General Paediatrics
What are your career aspirations (including SPIN or Grid)?	Community Paediatrics
Have you had any previous mentoring experience or training?	I'm pretty sure I was a 'school mentor' in year 6! I have also mentored year 10 students with life & career planning.
What other work related interests do you have? e.g. education, research	Teaching Some (fun paediatric) research experience
What non-work related interests do you have? i.e. hobbies?	Time with family Any sport! Cooking (& eating) Gardening Drinking tea
Tell us about yourself and what you can offer to a mentee: (approx. 250 words)	<p>I've worked in Wessex for over 3 years now and can offer advice on where to live, where to eat, where to work, good contacts and how to pass membership exams!</p> <p>I love paediatrics, but always look forward to time away from work more! I spend lots of my time playing chase and jumping in puddles with my little boy. I love sport, cooking tasty food and pottering in the garden.</p> <p>I think we should all aspire to improve our work-life balance as trainees, despite the challenges training brings. If you have a similar approach or not, I will gladly help you out with anything I can!</p>