



## Mentor Application Form

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

Name	Samantha Potter
Where do you live?	Winchester
What level of training are you?	ST5
Are you a full or less than full time trainee?	Full time
Where is your training post from March 2017?	Basingstoke
What are your career aspirations (including SPIN or Grid)?	Due to start PICU Grid September 2017
Have you had any previous mentoring experience or training?	No
What other work related interests do you have? e.g. education, research	I am really interested in healthcare ethics and law following on from my intercalated degree at medical school. I am also interested in education, and thoroughly enjoy teaching. I have facilitated at PREP days, including simulation, and recently facilitated small group teaching on the clinical ethics and law course for medical students.
What non-work related interests do you have? i.e. hobbies?	I really enjoy cooking, in particular baking! In order to balance this I also enjoy exercise. Most importantly, I love spending time with family and friends.
Tell us about yourself and what you can offer to a mentee: (approx. 250 words)	<p>Paediatric training is incredible, but can be tough at times; trying to get through exams, manage rotas, juggling work-life balance, let alone getting your CV up to scratch with extra curricular activities. I have certainly had difficulties at various stages, and often found support and guidance from more senior trainees the most helpful. I think formalising this in mentoring is hugely worthwhile, and something I am very enthusiastic about.</p> <p>My career aim is to be a paediatric intensive care consultant, with interests in clinical ethics and law and education. I have recently gone through the Grid application process; therefore I will be able to offer advice regarding enhancing your CV and interview technique.</p>

I have always received positive feedback for my communication skills, showing empathy, and being supportive towards colleagues.

I think this combination of experience and attributes would make me a supportive and motivating mentor, who will be dedicated to encouraging my mentee to enjoy, and make the most of their paediatric training. I will also be able to provide home baked goods for meetings!