

Career Mentoring & Professional Development Application

Career mapping • Professional identity • Public speaking • Communication
• Academic & leadership development

This form helps me understand where you are now, where you want to go, and the kind of structured support that would be most useful. Please be specific. Your answers will inform an initial mentoring/coaching conversation and, where appropriate, a tailored development plan.

1. About You

Full name	Email address
Telephone / WhatsApp (optional)	Current role, programme of study or professional stage
Organisation / university (optional)	LinkedIn profile or professional website (optional)

2. Your Current Position

In 3–5 sentences, tell me about your current career or academic position.

What is prompting you to seek mentoring/coaching at this point?

3. What Would You Like Support With?

- | | |
|---|---|
| ☐ Career mapping & career transition | ☐ Clarifying professional identity / niche |
| ☐ Public speaking & presentation skills | ☐ Speaking confidently and eloquently |
| ☐ Executive / professional communication | ☐ Interview preparation |
| ☐ Leadership development | ☐ Academic career development |

☐ Research / PhD career positioning

☐ CV / LinkedIn / professional profile

☐ Personal brand & thought leadership

☐ Networking & professional visibility

☐ Goal setting & accountability

☐ Other: _____

Of the areas selected above, what are your THREE highest priorities?

1.

2.

3.

What would you like to be able to do, say, decide or achieve more confidently after working together?

4. Career Direction & Goals

Where would you ideally like your career/professional life to be in the next 12–24 months?

Are you considering a specific transition, role, sector, business, specialism or opportunity? Please explain.

What currently feels like the biggest barrier between where you are and where you want to be?

5. Communication & Public Speaking

Which speaking situations do you most want to improve? (e.g. presentations, meetings, interviews, teaching, conferences, panels, networking, media/podcast appearances)

What do you find most difficult about speaking confidently or eloquently?

How would you currently rate your confidence when speaking professionally?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

6. How You Learn Best

☐ 1:1 coaching conversations

☐ Structured tutorials / teaching

☐ Practical exercises & rehearsal

☐ Workbooks & reflective activities

☐ Templates, guides & checklists

☐ Feedback on presentations / speaking

☐ Role-play / mock interviews

☐ Accountability and action planning

Is there anything else about your learning style or support needs that would help me work effectively with you?

7. Commitment & Practicalities

Preferred support format:

☐ Online ☐ In person (where available) ☐ Hybrid ☐ No preference

Preferred frequency:

☐ One-off intensive ☐ Fortnightly ☐ Monthly ☐ Structured programme ☐ Unsure

When would you ideally like to begin? _____

How much time can you realistically commit between sessions?

☐ <1 hour/week ☐ 1–2 hours/week ☐ 2–4 hours/week ☐ 4+ hours/week

Are there any important deadlines, interviews, presentations, applications or career decisions coming up?

8. Your Desired Outcome

If this mentoring/coaching is successful, what would make you say: “This was genuinely valuable for me”?

What is ONE outcome you most want to achieve in the first 8–12 weeks?

9. Anything Else I Should Know?

Please share any other relevant information, questions or expectations.

Applicant acknowledgement

I understand that mentoring/coaching is a developmental partnership. It does not guarantee employment, promotion, academic outcomes or other specific results. I am willing to engage actively, reflect honestly and take responsibility for agreed actions.

Name: _____ Date: _____

Signature (if printed): _____

Thank you. Your responses will be reviewed to determine the most appropriate next step and whether the mentoring/coaching offer is a good fit.