

**Coaching/Mentoring Expression of Interest Form**

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| **Name** |  |
| **Section** |  |
| **Manager** |  |
| **Job Title** |  |
| **Date** |  |
| **Language of sessions** |  |

The following questions are designed to assist the identification of your development needs. Use the questions as guidelines to help you to develop an awareness of your need and requirements from the coach/mentor. Further information can be found in the Coaching & Mentoring Toolkit.

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| How will I benefit from having a coach/mentor? |
| What can I gain from coaching that is different from another development intervention? |
| What are my objectives from the coaching/mentoring sessions? |
| How can I best use the skills of my coach/mentor? |
| How supportive or challenging do I need my coach/mentor to be? |
| Preferred Coach/Mentor and why? |
| Any other comments that may be useful when matching you to a suitable coach/mentor? |