



---

## Mentor Profile

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred method of contact: \_\_\_\_\_

Community: Truro Area  Kentville Area  New Glasgow Area

## Career Profile

---

What is/was your Employment Profile and how did you choose this field or fields?  
(Can include: skillset / expertise / past and current volunteerism, etc.)

What changes have you seen in your career field(s)?

What is one goal you have set for the future?

If you could learn something new, what would it be?

Pre and post retirement activities that interest you:

Teaching a Skill/Hobby \_\_\_ Preparing Meals/Baking \_\_\_ Assisting w/ Activities \_\_\_ Program Development \_\_\_

Volunteer Recruitment \_\_\_ Sharing Your Story/Knowledge \_\_\_ Lifelong Learning \_\_\_ Other\*

\*List any other areas of strong interest:



---

## Participation Availability

---

(Please note: Indicating availability does not signify a required commitment. This will be used simply as a tool to gauge generally group availability. Specific time commitments will be discussed between Mentors and Coordinators to ensure a suitable arrangement for everyone)

Please indicate the month(s) available:

Jan \_\_\_ Feb \_\_\_ Mar \_\_\_ Apr \_\_\_ May \_\_\_ Jun \_\_\_ Jul \_\_\_ Aug \_\_\_ Sept \_\_\_ Oct \_\_\_ Nov \_\_\_ Dec \_\_\_

Please indicate the day(s) available:

Mon \_\_\_ Tues \_\_\_ Weds \_\_\_ Thurs \_\_\_ Fri \_\_\_ Sat \_\_\_ Sun \_\_\_

Please indicate time(s) available:

9am - Noon \_\_\_ 12 - 1:30 pm \_\_\_ 1:30 - 4:00 pm \_\_\_ 6 - 9 pm \_\_\_

Please indicate the Age Range (s) that interest you:

16 - 19 \_\_\_ 20 - 25 \_\_\_ 25 + \_\_\_

Other comments/ideas that could contribute to the success of this project:

Do you agree to both a Criminal Record check and Child Abuse Registry check? Yes \_\_\_ No \_\_\_

Date: \_\_\_\_\_

Signature of Mentor: \_\_\_\_\_

*Dalhousie University College of Continuing Education provides support and guidance as the Backbone Organization for the Mentoring Plus Approach.*