

Please send this completed form to Camille Chateauneuf, Communications Coordinator at
cchateauneuf@aqdf.ca

MENTEE DEVELOPMENT SHEET

1. IDENTIFICATION

Name :	First Name :
Company :	Position :

2. PROFESSIONAL DEVELOPMENT

Briefly describe your career path :

3. ACHIEVEMENTS AND CONTRIBUTIONS

In this table, please indicate the achievements and contributions of which you are most proud

MY CONTRIBUTIONS AND ACHIEVEMENTS (+)	THE SKILLS OR COMPETENCES THAT ENABLED ME TO ACHIEVE THIS

3. STRENGTHS

Indicate below what your main strengths are :

4. AREAS OF IMPROVEMENT

Please indicate below what you would like to improve :

5. YOUR EXPECTATIONS

Indicate below what your expectations are from the mentoring programme.

**POINTS OF IMPROVEMENT YOU WISH TO
WORK ON (GIVE A CONCRETE EXAMPLE)**

**THE REASONS WHY YOU WANT TO WORK ON
THESE POINTS**

6. INTERESTS OUTSIDE WORK

7. DO YOU PREFER MEETINGS :

- Virtual
- Presential

8. How often would you like to meet your mentor?

- 1 time per month
- 1 time per trimester
- 1 time per year

9. WHAT IS YOUR PREFERRED LANGUAGE?

French

English

Other

Thank you for your interest in the QPMA's mentorship program and for your involvement

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We will follow up with you in the next 2 weeks.