

Trainee/Mentee preparation

Before you come to the matching meeting/ “bli-kjent” møte, please fill out the following form and prepare yourself.

Think about:

- How will you present/introduce yourself to your mentor?
- Why do you want to participate in the mentor programme?

What are your goals for this cooperation?

Please write down your objectives as “S.M.A.R.T.” as possible (see picture).

1)

Specific

2)

Measurable

3)

Achievable

4)

Relevant

5)

Time-bound

Please clarify your expectations:

Expectation for yourself	Expectations for your mentor