



Mentee Information

AS part of the PLIAS Resettlement commitment to helping you move on with your life, we offer a mentoring programme where we aim to match you with a mentor who will provide support and assistance to help you achieve your life and career goals.

What is a mentoring? Mentoring is a relationship between two individuals in which one person (Mentor) gives their time to support and encourage the other (Mentee). Being a mentor is a valuable source of help to others who desire to make progress in their lives, studies or work.

The PLIAS Resettlement Mentoring Programme. The PLIAS Resettlement mentoring programme requires mentors to help prisoners; offenders and ex-prisoners to integrate successfully back into society and community.

Role of a Mentor. A mentor is a role model who advises assists, encourages, and inspires others to succeed by exploring opportunities and achieving individual goals.

Benefits for a Mentee. The benefits for a Mentee are:

- Improved self confidence and self esteem
- Increased motivation
- Raised achievement and aspirations level
- Broadening your horizons and experience
- Share experience and knowledge
- Discuss possible solutions to difficulties
- Help and guide you towards your life goals

Please take a few moments to complete this form to assist PLIAS Resettlement in matching you with an appropriate mentor.

Section 1: Personal Information:

Name.....

Address.....

.....Post Code.....

Home number.....Mobile.....

Emergency contact telephone number.....

Email address.....

Section 2: Ethnicity

The following information is used by PLIAS Resettlement to record and understand the communities that we serve to continually develop specialist products and services to meet the needs of our clients.

<p>White:</p> <p>British <input type="checkbox"/></p> <p>European <input type="checkbox"/></p> <p>Irish <input type="checkbox"/></p> <p>Other</p>	<p>Mixed:</p> <p>White and Black Caribbean <input type="checkbox"/></p> <p>White and Black African <input type="checkbox"/></p> <p>White and Asian <input type="checkbox"/></p> <p>Other.....</p>	<p>Black or Black British:</p> <p>Black British <input type="checkbox"/></p> <p>Caribbean <input type="checkbox"/></p> <p>African <input type="checkbox"/></p> <p>Other.....</p>
<p>Asian or Asian British:</p> <p>Indian <input type="checkbox"/></p> <p>Pakistani <input type="checkbox"/></p> <p>Bangladeshi <input type="checkbox"/></p> <p>Other</p>	<p>Chinese or British Chinese:</p> <p>Chinese <input type="checkbox"/></p> <p>British Chinese <input type="checkbox"/></p> <p>Other.....</p>	



Section 3: Your Interests

What are your hobbies and interests?.....

.....

What are your personal goals or things you want to achieve?.....

.....

What are your career goals?.....

.....

Can you achieve your career and/or personal goals with your current qualifications?

Yes No

If no, what additional training or support would you require?

.....

Why do you want to have a mentor?.....

.....

How do you think you will benefit from having a mentor?.....

.....

What three words best describe you?.....

.....

What is your favorite:

Food.....

Colour.....

Book.....

Movie.....

Music Artist(s).....

Song.....

Section 4: Availability

What days of the week are you available to meet with your mentor? (Tick all that apply):

Monday Tuesday Wednesday Thursday Friday

What is the best time for you to meet? (Tick all that apply):

Mornings Afternoons

Once completed, Please return this form to:

PLIAS Resettlement, Unit 12 Bridge Park Complex, Brentfield, Harrow Road, London, NW10 0RG

Thank You