Mentee Application Questions

1. Wellbeing pulse check - give us an idea of how you would score yourself in the categories below.

   a. Energy levels
      0 = My blood stream is mostly coffee at this point
      5 = Neutral (neither good nor bad)
      10 = I jump out of bed every morning ready to take on the world!

   b. Stress levels
      0 = I am so zen I meditate every time I blink
      5 = Neutral (neither good nor bad)
      10 = I feel very overwhelmed and am barely coping with all of life's challenges

   c. Sleep
      0 = What is sleep?
      5 = Neutral (neither good nor bad)
      10 = I get plenty of rest and feel energized most mornings

   d. Work
      0 = I'm not finding a lot of inspiration from work so I'm looking for it elsewhere
      5 = Neutral (neither good nor bad)
      10 = I've hit the jackpot and I wouldn't change a thing!

   e. Social life
      0 = I'm in need of a lot more social connection!
      5 = Neutral (neither good nor bad)
      10 = I'm surrounded by a strong support group and love my social life!

   f. Family life
      0 = Things could be better on the home front
      5 = Neutral (neither good nor bad)
      10 = I'm really fulfilled in my home life - I wouldn't change a thing!

g. Work/Life balance

   0 = Work life balance is a myth!

   5 = Neutral (neither good nor bad)

   10 = I have time for me, work and a social life – I can have it all!

h. Resilience

   0 = I could be... a whole lot better at bouncing back

   5 = Neutral (neither good nor bad)

   10 = It's going to take more than this survey to bring me down

i. Confidence

   0 = I could use a lot of help with this

   5 = Neutral (neither good nor bad)

   10 = I have 100% got this!

2. Brain styles

   a. How do you balance risks and opportunities?

      Do you work hard to avoid risk (evaluative)?

      Do you like novelty and enjoy change (innovative)?

   b. Do you focus on data that is rational or emotional?

      Think about what you usually notice - not how you act.

      When you walk into a room, do you notice how many people there are; average age; proportion of males to females (rational data)?

      Or, do you pick up on the "mood" in the room (emotional data)?

   c. How do you balance motivation for the present and the future?

      What gives you energy? Is it getting into action in the short term (practical), or by having a strong vision of the future (idealistic)?

3. Could you tell us a bit about your professional background and where you are headed in your career right now?

   [Text field]

4. If you could change one thing about the industry, what would it be?
   [Text field]

5. Where do you see yourself in a year?

   a. Not sure, I just need some help with direction
   b. Being more confident in my current role
   c. Shifting to a different professional area
   d. Getting that promotion!
   e. Finally getting into the leadership team
   f. Running my own show - and my own business
   g. Other

6. What are your three core values?
   [Multi-select field]

7. How much relevant industry experience do you have?

   a. I am looking for my first gig
   b. Less than 1 year
   c. 1 – 2 years
   d. 2 – 3 years
   e. 3 – 5 years
   f. 5 – 10 years
   g. 10+ years

8. Do you have a mentor you'd like to apply for?
   If you haven't already, check out our incredible mentors in QLD, VIC, NSW, and Online to see if there's someone that you'd really love to be paired with.

9. What are the top skills or qualities you feel are essential in a mentor?
   [Multi-select field]

10. What are your top two desired outcomes from Assisterhood?

    a. Build confidence
    b. Grow network
    c. Industry knowledge
    d. Strategies for promotion
    e. Managing up and down
    f. Managing stress
    g. Learning technical skills
    h. To have a sounding board
    i. Other

11. Anything else we need to know? Here's your chance to shine!
    [Text field]

12. Upload anything
    [File Upload]

13. Or send us a link to your folio
    [Link field]

14. Any feedback or thoughts? Let us know!
    [Text field]