

Annex 1

Individual Development Plan

HSRAANZ Mentoring Program

Instructions to Mentees:

Please complete this form and give a copy to your mentor before your first mentoring session. Attach an updated CV.

Instructions to Mentors:

Please review the mentee's CV and this form prior to your first meeting your mentee.

Date:

Mentee Name:

Mentor Name:

Current Role

Current Professional Responsibilities

List your major professional responsibilities and if you anticipate significant changes in the coming year:

Future Professional Goals

Short Term Goals

List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

1 Goal:

Expected outcome:

2 Goal:

Expected outcome:

3 Goal:

Expected outcome:

Long Term Goals

List your professional goals for the next 3-5 years. Again, be specific, and indicate how you will assess if the goal was accomplished.

1 Goal:

Expected outcome:

2 Goal:

Expected outcome:

3 Goal:

Expected outcome: