IDHA Mentee and Coachee Interest Form

1 **Name:**

2 **Email:**

3 **Contact Number:**

4 **Preferred contact time:**

☐ Daytime ☐ week night ☐ weekend

5 **What I want to gain from a mentor/coach is:**

6 **My preference for a mentor is:**

- ☐ Emma
- ☐ Seren
- ☐ Eimear
- ☐ Linda
- ☐ Vivienne
- ☐ Deirdre
- ☐ Aisling

7 By putting today's date in the box below, you are consenting to your details being shared with the IDHA mentor coordinator and the volunteer mentors for mentoring purposes only.