

**International Headache Society Virtual Mentoring Programme**

Dear Junior Member of the International Headache Society (IHS)

The IHS Juniors Group is organising a yearly virtual mentoring programme to promote global mentorship, collaborations, and support within our society.

If you are interested in potentially becoming a mentee in the IHS virtual mentoring programme, please complete the form attached to this email and return it to [carol.taylor@i-h-s.org](mailto:carol.taylor@i-h-s.org).

Mentors and mentees will be paired based on either clinical, research, advocacy interests or career paths. It cannot be guaranteed that all applicants will actually be paired with a mentor, but the Juniors Group will do its best to match mentors and mentees applications together with a general consensus.

Once a mentor and mentee are paired, you will meet virtually to discuss each other’s expectations of this year of mentorship. You will complete the Mentor-Mentee Agreement form accordingly. The expectation from the IHS Juniors Group is at least 3 meetings of 30 minutes a year between the mentor and the mentee. To ensure satisfaction on both sides, we will ask for a mid-year checkpoint survey and an end of the year evaluation.

This is an exciting programme that will break the geographical barriers of headache medicine mentorship. We hope you will apply!

The deadline for applications is Friday 23 April 2021.

Please let us know if you have any questions.

The International Headache Society Juniors Group



**International Headache Society Virtual Mentoring Programme – Mentee Application**

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| --- | --- |
| Name |  |
| Nationality |  |
| Email address |  |
| Date of birth |  |
| Gender |  |
| In which hospital and geographical location are you training? |  |
| What is your current level of training? |  |
| What professional qualifications have you received to date |  |
| Please briefly describe your career path so far? |  |
| What is your 5-year professional plan? What are your goals? |  |
| Please include whether you are interested in a research career (basic science vs clinical), clinical career (academic vs community hospital vs private), advocacy/politics career, international scholarships/professional experiences. |  |
| Please describe what you have accomplished so far towards the pursuit of your professional goals. |  |
| What languages do you speak fluently? |  |
| What are you hoping to get from participating in the IHS virtual mentorship programme? |  |

**Deadline for application: Friday 23 April 2021**

Return this form to carol.taylor@i-h-s.org