

**IHS virtual & in-person 1-1 mentoring programme 2023-2024**

**Why a mentoring programme?**

One of the greatest values of the IHS is the diversity and passion of its members. The mentoring programme is meant to connect IHS members who may have not met otherwise and promote collaboration and growth.

**What is the 2023-2024 mentoring programme?**

1-1 virtual mentorship throughout the course of 1 year for IHS junior members by IHS senior members. Ten pairs will be matched. Based on the results from the first 6 months, two mentees will be selected for a 1–2-week in-person stay at the headache centre of their mentor.

**What are the goals of the 2023-2024 mentoring programme?**

Promoting global mentorship, collaborations, and support within the society by pairing young clinicians and researchers with experienced headache science mentors from around the world.

**What are the expectations of the mentees?**

Mentees must

* complete the initial agreement, the 6-month check-up, and the exit survey with their mentors
* reach out to their mentors to set up at least three virtual meetings of 30 minutes throughout the year. The first meeting should be within 1 month from the start and the second within the following 3 months.

**What are the selection criteria for mentees?**

* Junior IHS member
* English fluency
* clear 5-year plan focused on headache medicine and/or research
* evidence work/interest headache medicine and/or research, clear goal for participating in the mentorship programme

**How will the mentors and mentees be matched?**

Based on the days/times they are able to generally meet, their interests, their career goals for mentees and career path for mentors. All mentors are knowledgeable senior IHS members who have successfully mentored other IHS members.



**International Headache Society Virtual Mentoring Programme 2023**

**Mentee Application**

|  |  |
| --- | --- |
| Name |  |
| Nationality |  |
| Email address |  |
| Date of birth |  |
| Gender |  |
| In which hospital and geographical location are you training? |  |
| Please specify days and times you are generally available in GMT (London time); please convert if you don’t live in GMT time zone.  |  |
| What is your current level of training? |  |
| What professional qualifications have you received to date **(max 50 words)** |  |
| Please briefly describe your career path so far? **(max 50 words)** |  |
| What is your 5-year professional plan? What are your goals? **(max 50 words)** |  |
| 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 |  |
| Please describe what you have accomplished so far towards the pursuit of your professional goals. **(max 50 words)** |  |
| Do you speak English fluently? |  |
| What are you hoping to get from participating in the IHS virtual mentorship programme?\*  |  |

\*Options include:

* How to set up a headache clinic
* Discussing a career plan in headache
* How to write a fellowship/grant
* How to prepare a scientific presentation
* How to write a paper
* Statistical methodology/software

The International Headache Society Virtual Mentoring Program is for improving knowledge about headache disorders. For educational resources provided by the IHS, please <https://ihs-headache.org/en/>.

**Deadline for application: 1 June 2023**

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