

## **Mentoring Session Guidance**

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To get the most out of this opportunity to chat with another creative person working in the visual arts, we recommend thinking about what you want to talk about. The following bullet points are worth mulling over before any mentoring session.

- *What do I hope to gain from this mentoring session?*
- *What would I find helpful to use this session for? For example, to review a portfolio for an application, to have a conversation about developing a specific work, to reflect on my website and social media development, to support a funding application or proposal....*
- *Make a note beforehand of any key points or questions you would like to address and discuss in the session, this can help keep the conversation focused.*
- *Can I share any essential information with the mentor in advance of the session? These could include relevant links such as your online portfolio or website.*
- *How will I share information about my work, practice, or problem with a mentor? A link, an image, a verbal description, written notes?*
- *Who is my mentor, what can I find out about their practice and professional experience, what are their areas of expertise and how might they be able to support me?*
- *Be prepared to be open and reflect on your beliefs and values.*
- *Remember that mentorship is an important process in creative professions - your practice will be enriched, and hopefully, your stress levels reduced!*
- *Ask questions about anything you're unsure about, for example, a creative problem you're struggling with, or a boundary you're facing as a practitioner.*
- *It is always useful to have something to capture notes and ideas; this will help you to reflect on the experience and think about how your thinking has changed after the session.*

Best wishes,

### **No Jobs in the Arts**

We support early-career creatives, working in the visual arts, through projects linked to the East Midlands region. [@nojobsinthearts](https://www.nojobsinthearts.co.uk) / [www.nojobsinthearts.co.uk](http://www.nojobsinthearts.co.uk)