

Transitions: Professional Development Mentoring

As part of the Transitions Project, a professional development programme, run by NoFit State Circus and funded by the Arts Council of Wales.

Any person engaging with the wider transitions programme may apply to be matched with a professional development mentor who will work with them to develop a personal development plan over a maximum of 3 x 1 hour sessions.

A personal development plan is a tool to support you to identify the next steps you need to take to achieve your professional aspirations. Mentors will be drawn from the NoFit State core team, board of trustees and externally.

What is professional development mentoring?

Mentoring is a time-limited, goal-orientated relationship that can support personal, educational and vocational learning and development. It's about motivating and empowering you to identify your own issues and goals, and helping you to find ways of resolving or reaching them - not by doing it for you, or expecting you to do it the way the mentor did it, but by understanding and respecting different ways of working.

What professional development mentoring is not:

- Mentoring is not counselling or therapy - though the mentor may help you to access more specialised avenues of help if it becomes apparent that this would be the best way forward
- It is not an opportunity to gain creative feedback on your artistic work, this mentoring will focus on the business side of your professional practice

What will a mentor do?

- Help you with setting and working towards goals – this may involve helping you to prioritise and manage your time
- Support you through a professional change and transition
- Support you to develop self-confidence
- Offer advice and guidance based on their own experiences
- Help you explore options for future developments
- Give you constructive feedback.

NoFit State cannot guarantee that everyone who applies will be matched with a mentor. We will only make matches where we have a mentor with the appropriate experience and capacity to make a positive impact on the mentee's professional development.

If you feel you would benefit from a professional development mentor and you fit the following criteria:

- You have engaged with the wider Transitions project in some way
- You are a circus practitioner, teacher or youth circus graduate with a strong link to Wales

You can apply to be matched by completing the form below and emailing it to lizzy@nofitstate.org

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