

**Your future**



**MAKE  
YOUR  
MARK**

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**CAREER  
MENTORING**

**DON'T LEAVE  
YOUR FUTURE  
TO CHANCE**

**REGISTER YOUR  
INTEREST TODAY!**

*"Having a career mentor was incredible. This has completely changed the way I approach my career development, it's really empowering."*

**MANDI, BA PHILOSOPHY,  
POLITICS AND ECONOMICS**

*"I would not be where I am in my career if I didn't have mentors who helped me throughout. Mentorship is something that I would really, really recommend to everyone."*

**ROXANA, CHIEF STRATEGY OFFICER,  
ENTREPRENEUR AND ESSEX MENTOR**

**[www.essex.ac.uk/see/careermentoring](http://www.essex.ac.uk/see/careermentoring)**

Guidance from  
top professionals



University of Essex

T 01206 872695  
E [ementor@essex.ac.uk](mailto:ementor@essex.ac.uk)

# HOW WAS IT FOR THEM?

**Mentoring is a partnership.**  
The more you give, the more you get.



## MENTEES

*“Before participating in the programme, I had the impression I would not take much away from it...now I realise that the programme has had an incredible impact on the way I work, which has positively influenced the results I have attained at several interviews.”*

**ALISTAIR, LLB LAW**

*“The programme was one of the reasons I chose the University of Essex. I feel privileged to be given this excellent opportunity.”*

**YEMI, BA ENGLISH LANGUAGE AND LITERATURE**

*“My time with my mentor has been great. He helped me in many ways. What an awesome mentor! Thanks so much for this opportunity.”*

**HILDA, BA HOTEL MANAGEMENT**

## MENTORS

*“Seeing someone who was enthusiastic and wanting to get ahead in the world was inspiring.”*

**BEN, MARKETING AND SALES MANAGER**

*“It is rewarding seeing how you have helped someone else gain confidence and grow.”*

**ED, HEAD OF FINANCIAL SERVICES**

*“I like working with students and seeing their progress, knowing I've made a difference to their journeys. My mentee secured an opportunity that will take her to two different countries in exactly her area of interest.”*

**KATIE, OPERATIONS AND DEVELOPMENT MANAGER**

Read more

[www.essex.ac.uk/see/careermentoring](http://www.essex.ac.uk/see/careermentoring)



## WHAT IS CAREER MENTORING?

*“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”*

STEVEN SPIELBERG

Career Mentoring is an exclusive opportunity to tap into the talent that's gone before you!

- Access one-to-one support from an experienced professional
- Build your professional network
- Share your mentor's knowledge and experience
- Be challenged to realise your full potential

### How it works

Every mentoring relationship is unique. Matches are based on your individual needs and aspirations.

If successful in your application, you will be matched with a mentor for a minimum of 6 hours contact over a 6 month period.

Whether you know the career path you want to take or are just starting to explore your options, mentoring will enhance your chances of success.

## WHO ARE OUR MENTORS?

*“If I have seen further it is by standing on the shoulders of giants.”*

ISAAC NEWTON

Our mentors come from all walks of life. Each has something different to offer.

All of our mentors are accomplished professionals who have chosen to volunteer their valuable time and expertise to support your success.

Their experience spans a vast range of sectors including Finance, Journalism, Law, Politics, Psychology, Publishing, Science, Teaching, and many more.

Whilst most of our mentors are based locally, we also have fantastic mentors working around the globe.

What links our mentors is their genuine care and enthusiasm in helping you to develop and achieve your goals.

*“I am dedicated to the Mentoring Programme to support students to take the next steps onto a career path that will be fulfilling and rewarding.”*

FREELANCE TRANSLATOR, MENTOR AND ESSEX ALUMNUS





## WHY NOW?

*“Don’t wait until it’s too late, you might not get another chance.”*

KENDRICK LAMAR

Having a positive mentor can have a major impact, not just on your future career but on the decisions you make now.

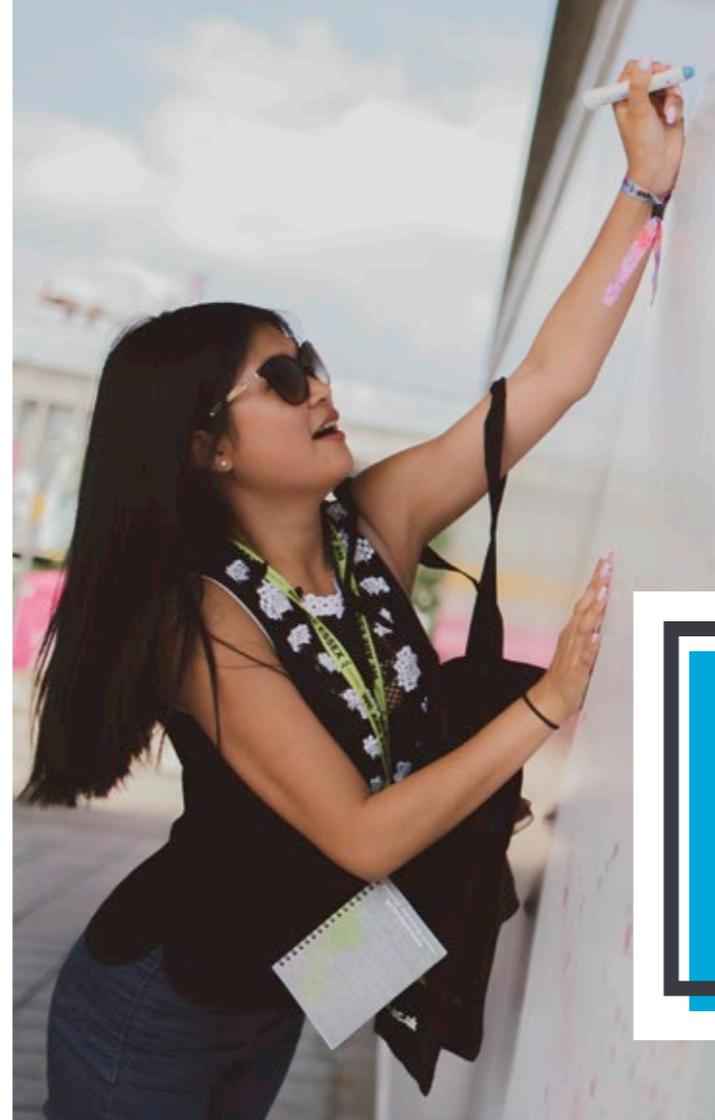
A great mentor will enable, challenge and empower you to realise your full potential and make informed choices, whatever stage you are at in your life or studies.

You can also join the 2000+ students who have completed the Big Essex Award by submitting Career Mentoring as one of your extra-curricular activities. If successful, your achievement will even appear on your HEAR!

### Do you want to:

- learn how to develop your career in a specific industry?
- have a sounding board for ideas?
- explore your interests, values and future possibilities?
- have someone who has been there cheering you on?
- start building your professional network?

There are no right or wrong reasons to have a mentor, just opportunities for growth.



## HOW DO I SIGN UP?

*“Click. Boom. Amazing!”*

STEVE JOBS

Find out more about Career Mentoring and register your interest today by visiting our website:

[www.essex.ac.uk/see/careermentoring](http://www.essex.ac.uk/see/careermentoring)

**What are you waiting for?**

### Next steps

Once you have registered your interest, the mentoring team will be in touch with more information about the programme and how to apply.

If successful you will be provided with training and resources to ensure you get the most out of your mentoring relationship.

You will have an opportunity to shortlist your preferred mentors and when a match has been made, it's over to you!