“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”
BARACK OBAMA

“Power’s not given to you. You have to take it.”
BEYONCÉ

“I definitely wouldn’t be in the position I am in today if it wasn’t for the help of my mentor.”
ESSEX ALUMNUS AND FORMER MENTEE

www.essex.ac.uk/see/careermentoring
Mentoring is a partnership. The more you give, the more you get.

HOW WAS IT FOR THEM?

MENTEES

“Having a career mentor was incredible. This has completely changed the way I approach my career development, it’s really empowering.”

MANDI

“I benefitted a lot from the mentoring scheme as I managed to secure a job offer at the firm I want to work for. I recommend it to all students.”

FELICIA

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

HILDA

MENTORS

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

HEAD OF FINANCIAL SERVICES

“It was thoroughly rewarding. I learnt a lot personally from the experience and, having a mentee as intelligent and proactive, further added to what I took away.”

SOLICITOR

“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.”

OPERATIONS AND DEVELOPMENT MANAGER

Read more

www.essex.ac.uk/see/careermentoring
“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

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, some are as far afield as South America and East Asia!

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 extracurricular 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.

What are you waiting for?

**HOW DO I SIGN UP?**

“Click. Boom. Amazing!”

STEVE JOBS

Register your interest today on CareerHub

www.essex.ac.uk/see/careermentoring/sign-up

Find out more about Career Mentoring by visiting our website:

www.essex.ac.uk/see/careermentoring

Or drop into the Employability and Careers Centre on Square 2 to book an appointment with the Mentoring Coordinator, Monday to Thursday 10am - 4pm.

Next steps

Once you have registered your interest, the Mentoring Coordinator 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!