

## CAREER MENTORING

### Imani's story



**“ The affirming effect of this programme was really important in building my confidence. ”**

Imani joined the Career Mentoring programme that we ran with Aon as she thought that it would be a useful way to, "bridge the gap between knowing where you want to go and then learning how to get there."

Over the duration of the programme, she developed a host of skills. As she explained, "I developed my interview skills, workplace etiquette and skills that you wouldn't get from school. The whole experience was very insightful and I have learned a lot of transferable skills that I will take with me into everything that I do."

When asked what was the most important take-away from her time on the programme, Imani was clear that it was the growth in her ability to communicate confidently. "It's common for people to ask you what you want to do but not why. On this programme, I had the opportunity to consider if my career hopes were what I really wanted to do and I learnt how to explain my thinking."

Ultimately, the affirming impact of this type of initiative proved important to Imani. "Having someone listen to where you want to go and support you, to have them say, "I'll see you when you're there in a few years," makes all the difference."