

LEAN ON

AN INVITATION

We want women* in arts and culture to be thriving, meaning they feel fulfilled by their work, financially resilient, actively supporting others in the sector, and are part of connected communities that benefit from arts and culture.

- Are you curious about what you're really capable of?
- Do you feel yet to achieve your aspirations?
- Are you ready for a shift in mindset and/or skills to become the woman you know you can be?

*anyone identifying as a woman or female

"I genuinely feel like I've learned more about myself through the time doing this project than I have in my adult life so far. Honest, unbiased, constructive conversations and learning have been invaluable"



THE COMMITMENT

A maximum of **one day per month** between March and December 2021 inclusive. This will include:

- Specialist training sessions
- Group action learning sets
- 121 mentoring
- Creative sessions

All activity is planned to take place on the Zoom online platform.

ELIGIBILITY

We are looking for **fifteen women** who will bring a breadth of sector experience and can demonstrate:

- A desire to create a shift in their work (EG new job/ different approach/ back to work)
- An ambition to be striving for more and ready to take action to achieve this
- An interest in building on existing self-awareness and an openness to self-reflection
- A desire to improve their financial resilience
- An willingness to learn in new group learning environments
- A commitment to their personal and professional development

You are eligible to apply if you have **at least 2 years experience** in the arts and cultural sector and live in the East Midlands. We will prioritise applicants with **working class backgrounds and/or living in lower socio-economic neighbourhoods.**



WHY CHOOSE LEAN ON?

Lean On began in 2019. **It is a connected group of inspiring, powerful and intrinsically motivated women who are thriving.** The project came from an understanding that long-standing challenges need to be tackled differently to truly make a difference.

Lean On reminds us to lean on services and networks to be the best we can be and that is not just ok but essential; by learning more about ourselves, we also lean on/ into ourselves more positively. Women can be financially resilient and support others on their journey by creating connected communities, so they can **achieve their aspirations and support others in the process.** By experiencing the power of group work and openly reflecting on its impact for individuals we connect, support and empower others and benefit ourselves through the process.

Lean On is led by Platform Thirty1, a women-led organisation working across the arts, culture, community and education sectors in the East Midlands. **We use creativity to work on generating agency and power,** so that those we work with can tackle any societal, environmental, political, personal or cultural problem that is important and impactful to them, their family and/or their community.

“I just received my Arts Council funding. You know what that means? After ten years being at home being supported by my husband, I am now working freelance in a job I love!”



PRACTITIONER TEAM

- Trina Haldar; Creative Facilitator
- Jodie Cresswell-Waring; Action Learning Facilitator
- Bea Udeh; Mentor
- Louise Katerega; Mentor
- Amanda McLaren; Mentor
- Jo Stockdale; “Understanding the brain”, Neurology Trainer
- Dr LJ Ducksbury; “Finding your why”, Psychology Trainer
- Samantha Whelan; “Managing finance and getting funding”, Trainer

HOW TO APPLY

Please complete the **short online form here** or send us this information via video or audio files (Instagram videos, via messaging apps on 07851 158 174, or **email**). **You can nominate someone too.** We ask for:

- Details about you/ your nominee
- An enquiry question: what do you want to find out or explore through this process? Or why you’re nominating the person

Up to twenty applicants will be given access to a personality questionnaire with a facilitated feedback session with a specialist consultant. A group of fifteen women will join the full programme.

This project is funded so it is offered to you free of charge.

