

# How to apply for a coach

**This step by step guide will walk you through the whole process of getting a coach!**

Arts Emergency provides young people with FREE coaching, advice, guidance and opportunities to help them achieve more in their creative career.

We are piloting a 10-week coaching programme for young people ages 18-25. The Arts Emergency coaching programme invites you to apply with a particular project / goal in mind. We will match successful applicants with professionals working in creative industries who can coach you towards achieving your goals.

If that sounds like something you'd enjoy, then you should apply to become an Arts Emergency coachee!

## **Before you start your application**

- Have a think about the time commitment. Will you be able to meet with your coach for an hour every week for the 10 weeks of the programme?
- We ask all our applicants to describe a goal that they want to work on over the 10-week coaching programme. Before you apply, have a think about what this might be. For instance, is your goal something that will help you to:
  - improve your knowledge of routes into the cultural and creative industries?
  - increase your experience and understanding of the cultural and creative industries?
  - improve your confidence and understanding of how to articulate your strengths and talent?

**We've provided some examples on the next page!**

## **Completing the application**

- You are able to start your application and return to it later if you don't want to complete it all at once. To do this, click the 'Save my progress and resume later' button at the top and bottom of the page.
- We'd advise you to complete the application on a tablet or laptop rather than a phone.
- If you find it difficult to communicate through writing, for example if you have dyslexia, you can also complete your application over the phone. Email [coaching@arts-emergency.org](mailto:coaching@arts-emergency.org) to schedule this.

# Examples of coaching goals

We ask all our applicants to describe a goal that they want to work on over the 10-week coaching programme. These goals are personal to you, but here are some examples of how a coach could help you.

**“I want to improve my knowledge of routes into the cultural and creative industries”**

**A coach can help me with this by:**

- connecting me with specific arts professionals to help build my creative network
- supporting me through the process of making a funding or project application
- providing guidance on where to find the jobs I am interested in and how to apply for them

**“I want to increase my experience and understanding of the cultural and creative industries”**

**A coach can help me with this by:**

- providing targeted help on finding internships or work placements to gain experience
- arranging visits to specific venues / cultural spaces and speak with members of the staff team
- giving me a better understanding of roles in my area of interest to help me know what jobs I want to pursue

**“I want to improve my confidence and understanding of how to articulate my strengths and talent”**

**A coach can help me with this by:**

- helping me to identify what my strengths are and how I can use these to achieve my ambitions
- providing guidance on how to pitch an idea or discuss my work in an interview / audition
- help to build my CV or portfolio to showcase my experience

# What Arts Emergency looks for in a coachee

The three main things that we are looking for in our new coachee applications are: **curiosity, commitment and that our coachees are in need of support.**

Think about ways you can demonstrate this in your application.

## Curiosity

We want to know that you are curious or passionate about the arts, humanities or creative sector.

You and your coach will work together towards your goal, but you have to want to explore your interests and options in depth.

- The more you tell us and the more truthful you are, the easier it will be to match you with a suitable coach. So feel free to tell us about any new topics or areas that you would like to explore
- Arts Emergency is here to help you explore all your options and your mentoring sessions will be based on your goals

## Commitment

All our coachees must be committed to meeting with their coach for an hour once a week throughout the 10-week programme.

- It's important that you are able to stay engaged and connected with your coach and the Arts Emergency team throughout the 10-week programme. All coaching meetings will be online
- Please confirm in your application that you are ready to make this commitment as we want to match coaches with young people who will benefit most from their support

## Eligibility

You must meet at least one of our eligibility criteria to apply for a coach.

Our eligibility criteria helps us to make sure we work with young people who will benefit most from having a coach.

- neither of my parents went to university
- I was eligible for Free School Meals between year 7 and year 11
- I am a recipient of a 16-19 bursary
- I would describe myself as Black, Asian or from an ethnic minority background
- I have a disability\*
- I have a learning disability and/or I have special educational needs\*

Arts Emergency also uses the postcode where you spent most of your childhood to assess the deprivation of the area as an indication of your eligibility for our coaching programme.

\* Under the Equality Act 2010, you are 'disabled' or 'learning disabled' if you have a physical or mental impairment that has a substantial and long-term negative effect on your ability to do normal daily activities.

# You're Ready!

We're looking forward to receiving your application and getting to know you!

If you have any more questions about applying please check out **our FAQ resource** or contact us at **[coaching@arts-emergency.org](mailto:coaching@arts-emergency.org)**

## Next Steps

If your application is successful, the next step is to meet with a couple of members of the Arts Emergency team for a chat to find out more about you and determine how we can best support you in the coaching programme.

You'll hear from us within 3 weeks about whether you're through to this next stage.



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