

PACE

MENTORING

- Confidence
- Employability
- Networks



"My mentor, Stevie, is really helpful. He's very easy to talk to. The program has helped me get a feel for what it's like to work in a corporate environment. Stevie's also given me advice for the different steps I can take to follow my career goals. I think PACE is a really good opportunity."

Ria (pictured), PACE mentee at QBE Insurance Group.

 www.and.org.au

 **1300 363 645**

 applications@and.org.au



**AUSTRALIAN
NETWORK
ON DISABILITY**

"Mentors aren't just 'nice to haves' in your career. They are an essential tool of trade."

Peter Wilson AM, in his book 'Make Mentoring Work'.

With the Australian Network on Disability (AND)'s Positive Action towards Career Engagement (PACE) Mentoring program, you'll be matched to an experienced professional who will help you identify and reach your career development goals and build your confidence in a workplace environment.

Eligibility

If you are over 18 and a student or jobseeker with disability you may be eligible. You could be a school leaver, TAFE student, university student or graduate or simply looking for work. See our website for more.

About

The popular PACE Mentoring program was developed by AND in 2002, initially in partnership with the Willing and Able Mentoring program (WAM).

It bridges the gap to employment by matching jobseekers with disability to experienced professionals in a range of disciplines. Mentors are from prestigious private and public-sector organisations.

How it works

PACE Mentoring runs across 16-weeks. You'll meet with your mentor a minimum of six to eight times during that time. Meetings last around one to two hours and are planned to suit you and your mentor.

After you apply, AND matches you with a mentor based on the information provided in your application. Consideration for matching includes your preferred industry, the skills you want to develop, the goals you set, and your location.

Once you have been matched, AND provides

contact details for your mentor, so you can arrange to meet. You'll then agree on future meeting dates, times and refine your goals for the program.

Meetings with your mentor may include:

- Reviewing resume and cover letters
- Mock interviews
- Worksite visits
- Networking with other professionals
- Building confidence
- Attending events and team meetings

Mentoring is a partnership so it's vital to bring your own ideas and questions. Your mentor will share their experiences, offer advice and support and give you insights into their work environment.

Benefits

There are many benefits to taking part in the PACE Mentoring program:

- Build your confidence and gain valuable experience in a workplace setting.
- Improve your employability skills.
- Review and enhance your resume and cover letter.
- Improve your communication skills.
- Practice and improve your interview technique.
- Learn how to share disability-related information with employers so they can support you to perform at your best.
- Develop networking and social skills.

How to apply

PACE Mentoring runs twice per year. April to August and August to November.

Visit www.and.org.au and complete the online registration form on our PACE Mentoring pages. Stay in touch by following us on Facebook.

Australian Network On Disability

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