



## **Mentor Mama COVID-19 Sessions**

### **Terms and Conditions**

#### **What is it?**

Dance Mama is offering a limited amount of 1-hour sessions (1 per person), in response to the COVID-19 pandemic that can be paid for with varying contributory amounts, with the usual price as a guide to the sessions value.

These 1-hour sessions are usually £50 each with Dance Mama. Depending on your contribution this can be as low as £1 for each session.

#### **How to apply**

Complete and submit the online application form, checking the option 'Soundboard session - COVID 19 for a contribution (1 per person).'

Submissions will be screened as to their suitability for this programme, using the data submitted on the form. Dance Mama has authority on how is accepted.

Applicants will be notified within 14 days if they are successful in joining the programming.

Your data will not be passed on to any third parties and will be strictly used for Dance Mama's *Mentor Mama* programme purposes.

This discount cannot be used in conjunction with any other discounts/offers that Dance Mama is running.

This offer will run until July 4<sup>th</sup> 2020, and may be extended to a later date at Dance Mama's discretion.



### Session times

The session will then be scheduled, at a time and format (video call or phone call) mutually agreeable to both Dance Mama and the client.

You may then like to look at further sessions (charged at the usual rate of £50). As a guide, having a session every 3 months is a good cadence, but **the main thing is that it fits in with you**, so this is up for negotiation.

### Who is it for?

If you work in the professional dance industry, have a family or are considering having a family and:

- Are wondering how to juggle it all
- feel stuck and need some objectivity
- want support from an industry professional who has direct experience and expertise

It's important to point out that mentoring is for individuals who are emotionally and psychologically healthy. Mentoring is not advice, therapy or counselling.

If you are someone who feels that this therapy or counselling would be more appropriate, please discuss this with your primary Doctor or healthcare professional. There are additional sign-posts on [dancemama.org/resources](http://dancemama.org/resources)

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