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# Jaya's story

Jaya\* was referred to The Mighty Creatives for Creative Mentoring due to her dysregulation within school settings, 'lack of attentiveness' and her social, emotional and mental health (SEMH) needs.

\*Names have been changed to protect the young person's identity.

"Jaya was very keen to carry on with the dance we had started choreographing last week and she had been practicing. She remembered every movement and had been teaching it to her support worker."  
**Lauren\*, Creative Mentor**

"She was excited! She had been to buy school uniform ready for some tutoring."  
**Lauren, Creative Mentor**

"It's been great to see Jaya's progress! The relationship Jaya and Lauren built enabled Jaya to engage really well with the creative activities and also gave Jaya the confidence to create and choreograph her own Dance routines."

**Levi, TMC Youth Programme Coordinator**



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Lauren also introduced a technique for 'tuning in' to the body, in order for Jaya to start noticing how she was feeling in her body. Jaya would do this at the start of each session as a way to check in with herself. In some sessions, they would make creations from clay and in other sessions they would draw. Across all of these sessions, Jaya displayed great confidence, focus, and a willingness to try new things. Through Creative Mentoring, a bond was being built using a variety of creative activities, which allowed Jaya to feel she could trust Lauren with personal information about herself and her family.

### what was a key moment?

One of the key moments during Creative Mentoring was after Jaya had been to buy her uniform for school. The session started with Jaya telling Lauren about her morning, who was excited to share this achievement.

This was a stand out moment since a key aim of Jaya's Creative Mentoring referral was to support her return to school. It was another example of the bond Jaya and Lauren had built through Creative Mentoring.

### what progress has been made?

Using our Measures of Progress tool, Jaya has shown progress in the following areas:

**Confidence** - improving from a 4/5 to 5/5.

**Teamwork** - improving from a 3/5 to 4/5.

**Motivation** - improving from a 3/5 to 4/5.

As the sessions progressed, the improvements in these areas were obvious to see and it was great to see Jaya development during the course of Creative Mentoring. Although Jaya made "no progress" in Participation and Engagement, Ideas Generation, Problem Solving, Relationship Building, Self Belief and Communication, she maintained a high score in these areas (4/5) and displayed these skills throughout her Creative Mentoring sessions, particularly when choreographing dance routines.



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### background

Jaya was 14 years old at the time of referral and not in employment, education or training (NEET). Jaya was referred to The Mighty Creatives for Creative Mentoring due to her dysregulation within school settings, 'lack of attentiveness' and her social, emotional and mental health (SEMH) needs. The referral stated Jaya would like a mentor she could share and discuss her interests with: drama, dancing and singing. It was also advised Jaya would like support in returning to school once a place was identified.

### who was Jaya matched with?

Jaya was matched with Lauren, one of our Creative Mentors at TMC. Lauren is a brilliant Creative Mentor, and her background in dance made her a great match given Jaya's interests. Lauren's approach to working with young people is nurturing, caring and patient, so we felt that she would be a good match for Jaya.

### what happened next?

Jaya and Lauren started their sessions together by creating a collage of all the things Jaya likes, and this allowed them both to get to know each other. As sessions progressed, they began choreographing a dance routine. Jaya really enjoyed and excelled in this activity and even began teaching the movement to her support worker when she returned home.