



# Olivia's story

Find out why Olivia\* was referred for Creative Mentoring to help improve her low confidence and self-esteem through our Creative Mentoring in schools pilot project.

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

"Olivia came in very closed off - but as soon as she started her art she immediately became engaged."

**Lola\*, Creative Mentor**

"Olivia completed her portrait and, although at first she wanted to leave her canvas at school, as soon as mum came to pick her up... she took it and shared it with her very excitedly."

**Lola, Creative Mentor**

"Olivia and Rebecca\* are now working together, which they are very pleased about. The girls worked together sorting the colours. Then one did cold colours and one hot colours - they work well together!"

**Lola, Creative Mentor**

social justice for young people

through arts, culture and creativity

the mighty creatives



Lola brought along a piece of her own artwork featuring Little Red Riding Hood for the first session. Lola told Olivia both versions of the story, as she had not heard them before. This became a regular part of their sessions: they would start with a discussion about artwork or a story and then, feeling inspired, start creating together!

Olivia went from strength to strength in her time working with Lola. Her growth in self-confidence was evident through her willingness and capability to work independently during sessions.

## background

Olivia was seven years old when she was referred to us at The Mighty Creatives as part of our Creative Mentoring in Schools pilot. Olivia was facing some challenges with self-regulating, while also presenting with very low confidence and self-esteem. It was felt that Olivia would really benefit from Creative Mentoring, as she had a real passion for arts and crafts. Olivia needed someone with patience, who would give her time to help her build confidence.

## who was Olivia matched with?

Lola had been successful in her application to work on the Creative Mentoring in Schools pilot as a Creative Mentor. We thought Lola would be a good fit for this project due to her previous experience of working with a diverse range of mentees.

Lola and Olivia got off to a great start with Lola highlighting that Olivia “painted her butterfly and bauble very confidently and chatted a lot about mum.” This juxtaposed the normal behaviour exhibited by Olivia and showed early on how well the pair “clicked”.

## what happened next?

Right from their first session together, Olivia showed a lot of excitement toward the sessions, which was observed by teachers throughout the day in the lead up to the session.

## what was a key moment?

As part of the project, Lola started working with four young people one-to-one, before transitioning to two-to-one and then four-to-one (each in four-week blocks). When it came time for the one-to-one sessions to conclude and the two-to-one sessions to begin, Olivia took to this fantastically. Olivia and another young mentee worked exceptionally well together and showed fantastic teamwork.

## what progress has been made?

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

**Participation/Engagement** - improving from a 1/5 to 4/5.

**Ideas Generation** - improving from a 1/5 to 4/5.

**Self-Belief** - improving from a 1/5 to 4/5.

**Confidence** - improving from a 1/5 to 3/5.

**Teamwork** - improving from a 1/5 to 3/5.

**Communication** - improving from a 1/5 to 3/5.

**Problem Solving** - improving from a 1/5 to 3/5.

**Relationship Building** - improving from a 1/5 to 3/5.

**Motivation** - improving from a 2/5 to 4/5.