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# Carl's story\*

Find out how Creative Mentoring helped 23-year-old Carl\* to raise his self esteem and find a sense of purpose by experimenting with new art forms like painting.

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

"It's been a privilege to watch the relationship between Carl and Tania develop, and watch Carl pursue painting, something he'd never thought he would do – and enjoy so much!"  
**Supporting Adult**

"I was delighted to see how concentrated he was when painting, how seriously he took it and the delight on his face when the image matched his approval."  
**Tania\*, Creative Mentor**

"I definitely would never have done these paintings without this project."  
**Carl\*, Young Mentee**

social justice for young people

through arts, culture and creativity

the **mighty** creatives



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## background

Carl was 23 years old at the time of referral, having been care experienced since he was 15. He had been living independently for a few years and supported others in the community through a local bike shop and methodist church. However, Carl's mindset generally was pessimistic and it was hoped that Creative Mentoring would raise his self-esteem and sense of purpose.

## who was Carl matched with?

We matched Carl with Tania, a very talented Creative Mentor with a versatile skillset of creative writing and visual arts. They also had a shared interests with Carl, in particular the night sky and space. Furthermore, Tania is an empathetic Creative Mentor who would be able to give Carl time for his thoughts to be heard.

## what happened next?

Carl got on well with Tania right from the first session, and they arranged to see a lecture on the wonders of the universe, after which they would decide on a direction in which to take further sessions. Initially, Carl wanted to focus on collages based on space but after a resources trip, he decided to try out painting instead – something he'd never done before.

**"You surprised me with your enthusiasm about wanting to have a go at painting. I thought that was fantastic."**

Tania and Carl then focused on using painting along with information text to create an exhibition/display about the universe at the church where he volunteered. During the final session, the completed exhibition was shown to everyone in the space.

**"Everyone gave you a round of applause and I was delighted when you stood up and allowed yourself to receive that commendation with grace."**

## what was a standout moment?

During the initial Wonders of the Universe show Tania and Carl attended, Carl got to meet some of the presenters and share his astrophotography work with them, where they replied it was the best they'd seen from an audience member!

## what progress was made?

Carl's progress shows:

"Significant progress" in **Relationship Building** (improving from a 2/5 – 5/5) and **Problem Solving** (improving from a 2/5 – 5/5).

"Moderate progress" in **Participation and Engagement** (improving from 3/5 to 5/5), **Motivation** (improving from a 3/5 – 5/5) and **Idea Generation** (improving from a 3/5 – 5/5).

"Some progress" in **Confidence** (improving from a 3/5 – 4/5), **Teamwork** (improving from a 4/5 – 5/5), and **Self-Belief** (improving from a 3/5 – 4/5).

**Communication** was 5/5 throughout the Creative Mentoring journey, showing that Carl has continued to maintain a very high standard of how he expresses himself, which is a huge achievement.