



**NO MORE LONG AND WINDING ROADS**

# Meet The Mentors

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CAMINO

## Melissa Fretwell

Melissa is the founder of White Camino and has over 15 years' experience of telling marketing stories from entertainment brands at UKTV and Channel 4. She's a chartered marketer at the CIM and a trained CIM mentor. She enjoys connecting with people to help shine a light on some of the tougher moments, with the simple aim of building resilience and a thriving work life for her mentees.



## Rhyan Paul

Rhyan is a compadre of White Camino, a certified Trainer of NLP & Hypnosis and certified master practitioner of NLP, Hypnosis, Thoughtfield Therapy and Timeline Therapy and certified NLP coach. He's also a music industry survivor, documentary photographer and educator.



# The way forward with mentoring



## What is mentoring?

To us, the term 'mentoring' describes a relationship supporting someone through a learning or developmental journey. It's about reflecting and encouraging professionals at whatever level to make the most of themselves and their career. It's an opportunity for fresh perspectives and strategies to be shared and tried out in confidence, without judgement.

It's not about the mentor designing and dispensing a plan of action. It's about guiding the mentee through the fog to a clearer path which they themselves discover. We lean on the best practise frameworks and years of experience of working with people. While everyone is unique, there are more similarities which unite us than differences which divide us.



# The 4 session programme

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We recommend a 4 session programme with the same mentor across 3-4 months depending on the breathing space you need to try out some of the fresh approaches and strategies. Each programme is made bespoke so the mentee gets the most value out of each session. We tackle one topic per session to ensure enough depth is covered. Here are some examples:

- **Goal setting** - how can you start making small changes now which get you on track to achieving those goals?
- **Conflict resolution** - what's the real issue and is it resolvable?
- **Imposter syndrome** - how to address what's holding you back and techniques to build confidence
- **Motivation** - let's reignite the passion for what you do
- **Prioritisation** - redefine what's important to you and how you can make time work for you



Want to find  
out more?



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