



Sophie Ashton

- Worked in bidding for 6 years
- Manufacturing and healthcare
- APMP Foundation level

Benefits of mentoring

- Mentors and mentees learn from each other
- Valuable support mechanism
- Helps wellbeing being able to talk to someone who understands bidding



"Our sessions encourage me to develop strategies to achieve my goals and work through any challenges I am experiencing."

Sophie Ashton
Optima Health

APMP UK RAPPORT MENTORING

Read first hand about our mentees experiences of the mentoring programme.

WHY BE A MENTEE?

I had transitioned from working for an SME in manufacturing to working for a large healthcare organisation. This was a big learning curve for me and I wasn't feeling very confident in my abilities. I therefore applied to the mentee programme to support my professional growth and learn from someone experienced in bids.

WHAT HAVE YOU LEARNT ABOUT YOURSELF?

My journey on the programme has helped me to feel more self-assured and to affirm what it is that I want to do with my career.

HOW ARE YOUR MEETINGS WITH YOUR MENTOR?

They give me a space to feel comfortable to talk openly and transparently. Our sessions encourage me to develop strategies to achieve my goals and work through any challenges I am experiencing.

WHAT ARE YOUR HIGHLIGHTS FROM THE PROGRAMME?

Support with achievement of my goals including planning strategies to improve time management. My mentor was also extremely supportive when I was applying for a pay rise, which I knew I deserved but also felt trepidation in asking for a salary increase.

WHAT HAVE YOU GAINED FROM THE PROGRAMME?

Improved confidence in my abilities and in my interactions with my co-workers. Also the programme has positively impacted my wellbeing, as it really helps to speak to someone outside the workplace who 'gets it'.



APMP UK RAPPORT MENTORING PROGRAMME

WOULD YOU RECOMMEND THE PROGRAMME TO OTHERS?

I would 100% recommend the programme, whether you are new to bidding or have 10 plus years of experience. It is very helpful to have someone outside of your current working environment to have discussions with and develop strategies for different approaches to issues.

ANY OTHER INSIGHTS YOU'D LIKE TO SHARE?

Make the most of these sessions by opening up and asking all the questions you want. It's great to have someone to check in with and keep you on track. I feel I'm in a much better place since I began my journey and feel confident about my future in bids going forward.

THE PROGRAMME IS AVAILABLE TO ALL APMP MEMBERS.

If Sophie's experience of the programme has convinced you that you would like to have a mentor, then you can apply at [Career Mentee Application](#).

MAYBE YOU HAVE SOMETHING TO OFFER?

If you are interested in joining our team of mentors, you can apply at [APMP UK Rapport Career Mentor Application](#). You will receive full training and on-going support to help you be the best mentor you can be.

WOULD YOU LIKE TO MEET OUR MENTORS?

To find out who is already a mentor, you can meet the team at [Meet the Mentors](#). Maybe one of these people could be the one to support you?

