

**CARLISLE AMBASSADORS  
GIVE A DAY TO THE CITY – INSPIRE**

**BUSINESS SECTION**



Name: \_\_\_\_\_ Business or organisation: \_\_\_\_\_

Email: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Give A Day Inspire:**

The event on the 1<sup>st</sup> October was a great success. Attendees on the night were asked if they would like to be mentored by a Carlisle Ambassador in order to provide ongoing support. This can be as little or much time as you are able to provide, and many who signed up just want someone to bounce new ideas off or reassurance when they are experiencing a challenge. If you are interested in becoming a mentor for one of these new businesses (or businesses who just need help to move forward), please could you fill in the form below (*please tick those that interest you*):

Would you be interested in mentoring or helping in the following :	YES
Presentation skills	
Creating a presentation that will 'WOW'	
Negotiation skills & assertiveness	
Completing tenders	
Business/customer proposals	
Effective communication to maximise relationships	
Business contacts & introductions	
A networking 'buddy' to take the fear out of attending networking events	
CV writing	
Confidence issues	
Finding business premises/understanding lease agreements	
Setting up business bank accounts	
Accountancy/finance advice	
Loan/grant applications (other than those via Chamber of Commerce)	
Listening ear when things don't go to plan or times are tough	
Someone just to bounce new ideas off	

How would you like to mentor	YES	NO
Email/message only		
Telephone only		
Face to face only		
Any combination of the above		

Any other subjects/ ideas you'd like to mentor in. Please give an indication of time and commitment you are prepared to make:

Please note the following:

- This is a volunteer role
- Time is given at no cost by those involved, and will be an agreement between mentor and mentee
- The arrangements will be made between yourselves, and as such can develop as you both wish. There is no binding agreement.
- Advice given by mentors is entirely independent of Carlisle Ambassadors as a group, and is for guidance only to help those who need support and have requested mentoring support.
- Your email address will be passed to those coordinating this programme. Therefore by agreeing to be part of this follow up to "Inspire", you accept that your details will be shared with the mentee.

Thank you for any support you can give to this project! It is a real flagship for the Carlisle Ambassadors, as it helps to build confidence longer term in those who are setting out, in early days of business or not sure of next steps.

Anything that we can do as a group to retain talent in Cumbria, and help develop skills has to be a worthwhile project.

Thanks again,

*The Give a Day Inspire Team*

*(Andy Dodds, Michelle Masters, Kate Wilson, Paul Rheinbach, Mike Hunt, Matt Bond, Gareth Presch, Fiona Harland, Collette Butterworth, Karen Nicholson, Amanda Ryan, Alison Davis)*