



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

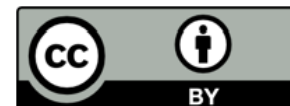
Employability Programme - Food Industry Skills

M2.3 Mentorship

www.3kitchens.eu



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The Benefits of Mentorship for Women in the Culinary Industry



The Benefits of Mentorship for Women in the Culinary Industry

While navigating the culinary industry alone, mentorship offers numerous benefits, both personal and professional.

Mentorship can be a powerful tool in your employability journey, especially in a field as dynamic as the culinary industry.

By connecting with experienced migrant women that can support you via mentoring, you can gain valuable insights, develop new skills, and build a supportive network that will help you overcome challenges and achieve your employability goals.

Benefits of mentorship



Guidance and
advice

01

A mentor provides you with guidance and advice from someone who has been in your shoes. They can offer practical tips and share their experiences to help you navigate the complexities of the culinary industry as a migrant woman.

Benefits of mentorship



02

Opportunities to develop new skills and improve existing ones are plentiful when you work with a mentor.

They can introduce you to new techniques, recipes, and culinary trends, helping you to stay ahead in your field.

Skill Development

Benefits of mentorship



Networking Opportunities

03

Your mentor can introduce you to many important people in the industry—like suppliers, chefs, food businesses and restaurant owners. This is great for making connections and finding job opportunities, especially when you're new to the area.

Your mentor can introduce you to industry contacts and open doors that might otherwise remain closed.

Benefits of mentorship



Confidence

04

Having a woman mentor can boost your confidence and motivation to pursue your goals.

Knowing that you have someone to support you can give you the courage to take on new challenges and strive for excellence.

This boost can make you feel more comfortable and assertive at work, leading to a more rewarding career.

Benefits of mentorship



Career goals and planning

05

Having a mentor can help you to define clearly your employment goals and progress.

They can offer insights into potential career paths and help you to identify the steps needed to reach your ambitions.

By helping you to set achievable goals the mentor encourages you to stay on track, ensuring that you continue to grow and develop in your career.

Benefits of mentorship



Emotional support

06

The culinary industry can be stressful. As a migrant woman, it can be extremely lonely. Having a mentor to offer emotional support can make a huge difference.

While your mentor is not your therapist, being able to share your experiences with each other can reduce your isolation.

They can provide a listening ear, offer encouragement, and help you manage any work-related stress or challenges.

02

How to Find a Mentor



How to find a mentor

01



Identify your goals

Finding the right mentor can make a significant difference in your job search. In order to find the right fit, you need to :

- Think about what you want to achieve and what kind of guidance you need. If your goal is to find an employment as chef in a restaurant, having a mentor with experience with local restaurants is essential.
- Use the benefits mentioned in the beginning of the module to define your needs.

How to find a mentor

02



Use your network

- Reach out to professionals, non-profit organizations in the culinary field matching your goals. Explore your existing networks. This could include colleagues, teachers from culinary schools, or members of industry associations. Often, a potential mentor may already be in your circle, waiting to be asked.
- Attend culinary events like the Refugee Food Festival in Bordeaux or Taste Leitrim in Ireland
- Join associations to meet new people.
- Use Social Media Platforms: LinkedIn and Instagram can be effective tools for connecting with industry leaders.

How to find a mentor



Be proactive

03

It's time to be bold!

- 1 - Follow and engage with professionals whose careers inspire you
2. Ask the people you identify for a coffee. Start with a short meeting.
3. Explain why you admire them.
- 4- Explain how their guidance could help you and how sharing them their experiences with you could be beneficial for them too.

Not everyone will have the time or interest in becoming a mentor, and that's okay. If someone declines, thank them for considering your request and move on. Keep your approach positive and continue your search.

How to find a mentor

04



Look for formal programs

In addition, you can consider formal mentoring program like Three Kitchens or non-profit organisations which can match you with a mentor based on your goals and needs.

Furthermore, projects like Promo Femme in France and [Association for the Integration of Women in Italy](#) (read more [Where are they now? Juliet's journey after the Culinary Training Program — AIW](#)) connect migrant women with culinary organisations.

Three Kitchens Mentorship Program



The mentorship program

03



Program Structure

The Three Kitchens mentorship program is designed for migrant women interested in the culinary industry. Here's a brief overview of the program and how to join:

- Individual Meetings:

Regular meetings between mentors and mentees to set objectives, discuss challenges, and track progress.

- Closing Event:

A final event to review achievements and provide feedback.

The mentorship program

03



How to Join

To join the Three Kitchens mentorship program, you have to be based in France, Sweden, Ireland or Netherland. Contact your local Three Kitchens coordinator. She will guide you through the process, ensuring a smooth and supportive experience.

By participating in the Three Kitchens mentorship program, you will gain valuable skills, knowledge, and support to succeed in the culinary industry.



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Thank you