

MENTORING

Practical Skills • Creative Skills • Personal Growth

You don't have to do it alone.

Vita Anchor Development Solutions offers practical, encouraging mentoring for people who want to learn useful skills, turn ideas into products or services, develop confidence, and take their next step.

WHAT MENTORING CAN HELP YOU DO

- Discover what you are capable of and identify practical strengths.
- Turn an idea, hobby or skill into a simple product or service.
- Learn by doing, with guidance, feedback and accountability.
- Build confidence without needing to know everything before you start.
- Develop a practical plan and move from **idea** → **action** → **result**.

PRACTICAL & CREATIVE SKILLS

Sublimation Printing — Learn the fundamentals of creating personalised mugs, bottles, gifts and other sublimated products, from design preparation to pressing and finishing.

Product Creation — Explore how to turn simple ideas into sellable products, including choosing materials, developing a concept, creating samples and improving the finished product.

Basic Woodwork — Introduction to practical woodworking, simple projects, measuring, assembly, finishing and safe use of tools.

Design & Branding — Develop a consistent look for a small business or product range: colours, fonts, layouts, basic promotional designs and brand presentation.

Crafting & Handmade Products — Develop handmade products, improve presentation and packaging, and explore ways to turn creativity into an income-generating activity.

EVENT HEALTH & SAFETY MENTORING

Practical mentoring for people involved in events, community activities and small event businesses. Topics can include identifying hazards, risk assessment, emergency preparedness, evacuation planning, crowd and venue safety, contractor/vendor controls, first-aid readiness, fire and emergency arrangements, documentation, incident prevention and practical compliance planning.

The focus is on understanding **why** safety controls are needed and how to turn requirements into workable systems.

SMALL BUSINESS & ENTREPRENEURIAL MENTORING

- Starting and structuring a small business
- Turning a skill into a service or product
- Basic business planning and practical goal setting
- Branding and presenting your business professionally
- Building simple product/service packages
- Customer communication and professional quotations/information
- Organising business documentation and basic operational systems
- Moving from “I want to start” to a realistic first step.

SAFETY & WORKPLACE DEVELOPMENT

Mentoring can also support developing safety practitioners and people taking responsibility for workplace safety. Areas may include risk assessment/HIRA, safety documentation, SHE plans, safe work procedures, permits and registers, incident investigation and root-cause thinking, working-at-heights safety concepts, emergency coordination and practical workplace readiness.

COACHING, CONFIDENCE & PERSONAL DEVELOPMENT

Mentoring is not only about learning a technical skill. It is also about helping people recognise their strengths, overcome "I can't" thinking, set achievable goals, build confidence, develop accountability and create a practical path forward. Sessions can combine mentoring, coaching, reflection and hands-on learning where appropriate.

WHO THIS IS FOR

Beginners • Aspiring entrepreneurs • Creatives • Small-business owners • Young adults • People changing direction • Community projects • Developing safety practitioners • People who want to turn a skill into something useful.

HOW WE MENTOR

LISTEN — Understand your goals, challenges and starting point.

PLAN — Create a practical, personalised direction.

GUIDE — Provide support, resources and practical knowledge.

IMPLEMENT — Help you take action and learn from the process.

GROW — Review progress, build confidence and identify the next step.

A PRACTICAL, REAL-WORLD APPROACH

Vita Anchor mentoring is built around the belief that knowledge becomes powerful when you can apply it. Where appropriate, mentoring can include demonstrations, practical exercises, templates, projects, problem-solving and feedback rather than theory alone.

READY TO TAKE THE NEXT STEP?

Let's identify where you are, where you want to go, and the practical skills or support that can help you get there.

Vita Anchor Development Solutions

Developing People • Strengthening Businesses • Creating Possibilities