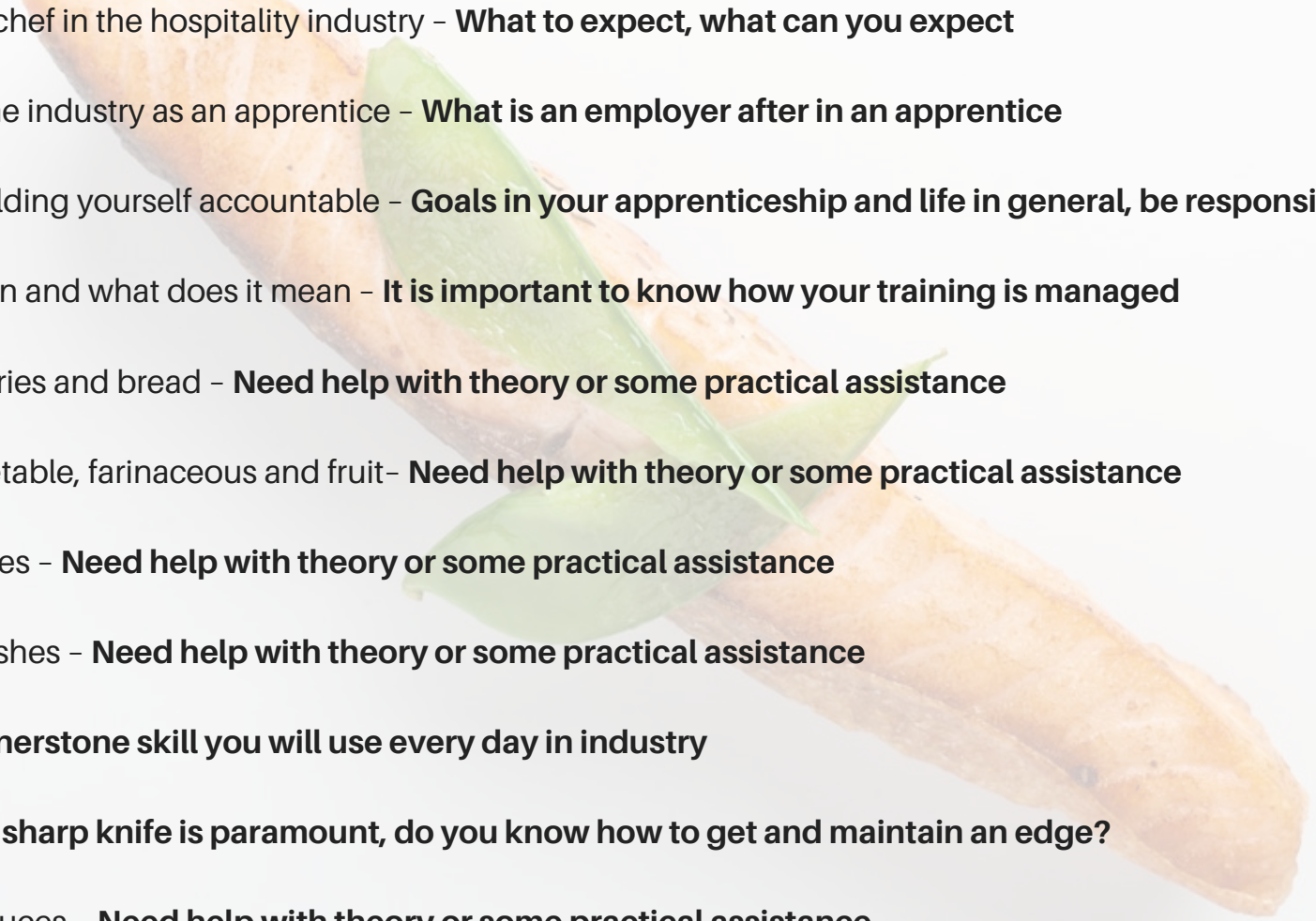


Suggested Mentor Sessions for Apprentices

Below are some of the topic areas we can assist with so please use this as a guide to help with ideas as to how we can help. We offer this in 4 sessions per year, at a venue and time designed to suit you.

- Overview of being a chef in the hospitality industry - **What to expect, what can you expect**
 - How to succeed in the industry as an apprentice - **What is an employer after in an apprentice**
 - Setting goals and holding yourself accountable - **Goals in your apprenticeship and life in general, be responsible for your actions**
 - What is a training plan and what does it mean - **It is important to know how your training is managed**
 - Help with cakes pastries and bread - **Need help with theory or some practical assistance**
 - Help with eggs, vegetable, farinaceous and fruit- **Need help with theory or some practical assistance**
 - Producing meat dishes - **Need help with theory or some practical assistance**
 - Producing poultry dishes - **Need help with theory or some practical assistance**
 - Knife skills - **The cornerstone skill you will use every day in industry**
 - Knife sharpening - **A sharp knife is paramount, do you know how to get and maintain an edge?**
 - Stocks, soups and sauces - **Need help with theory or some practical assistance**
 - Appetisers and salads - **Need help with theory or some practical assistance**
 - Food preparation equipment - **What does all that equipment do?**
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Suggested Mentor Sessions for Apprentices

- Desserts - **Need help with theory or some practical assistance**
- Understanding the modern award - **What are your rights under the award, what are your conditions**
- Dealing with conflict in the workplace - **How can you better deal with other staff and customers in hospitality?**
- Understanding the national employment standards - **What do these mean to you and what do you need to know?**
- Work health and safety - **This is everyone's responsibility, what can you do to better understand your part?**
- General health and wellbeing - **Any career is better when you are well and fit**
- Good mental health - **Life is hard enough without dealing with this alone, we can help direct you to the best help**
- Drugs and alcohol awareness - **With today's often reported social concerns around drugs and alcohol, do you have the facts?**
- Managing personal finances - **Can we help with advice on how to wisely budget?**
- Costing menus - **Often one of the harder skills for chef's to pick up, it can make a massive difference to understand how and why you will need to know this skills, remember 90% of restaurants fail due to not understanding food costs**
- The benefits of using seasonal produce - **Teach you a little more about what and when but also get the best quality in your menu**

Suggested Mentor Sessions for Apprentices

- Social media and how not to make mistakes that can cost you your job – **Some pitfalls and constant themes around the good and the bad use of social media**
- Setting up your workstation and making prep lists – **Mise en place, paramount to being an effective chef**
- Overseas travel and after apprenticeship employment – **What are your dreams and hopes for after your apprenticeship, let's discuss your goals.**

These are a few of the things that we can cover off and we are of course able to work with the apprentice for any other areas of need you may have. We are focused on working with you and the Individual Mentor Plan is to set the foundation of

- Career options, pathways and skills development requirements
- Individualised technical advice related to the industry
- Following up on personal areas of interest in the industry
- Skills training on and off the job
- Managing day to day as an apprentice
- Meeting the demands of the workplace



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