

# Project Crossovers Apprentice's blog



## Back Into The Work Place, by Sophie Rowe - May 2015



So last year I decided to take some time out of university to explore working within community based arts as opposed to designing and making. I was becoming despondent. Essentially I wanted to look into other ways where I could feel more fulfilled personally as a practitioner and also make more of a difference globally, to the people around me.

Plymouth College of Art where I have been studying a Contemporary Craft degree, shared an opportunity to work as an apprentice at a local, charitable organisation called Plymouth Music Zone and although moving away from crafts, I felt this was a great opportunity to work within the area of community art and utilise my other existing experience of working in junk percussion band, BigBeat. The apprenticeship was available only to people with a disability and as I have Irlen's syndrome I qualified to apply for the post. So I filled in my application and sent it off crossing all my fingers and toes!

I was really pleased to get a call back and went in for an interview for which I bought some new jazzy pants, everyone needs some jazz pants in their life. Although it was daunting to face "the panel" they were all really friendly, open and engaging (a recurrent theme of all the people who work here). It was actually one of the first proper interviews I have ever had and I was very nervous! Thankfully they didn't make me sing, which had been a concern as I had dreamt about it a few days before! It was a very open and honest interview, which I think must be rare? I didn't have to try to pretend to be what they wanted I just had to be myself. If only you could always feel that being yourself in these types of situation would result in positivity; thankfully for me it did and I was offered one of the apprenticeship positions along with two other guys, Richard and Mike.

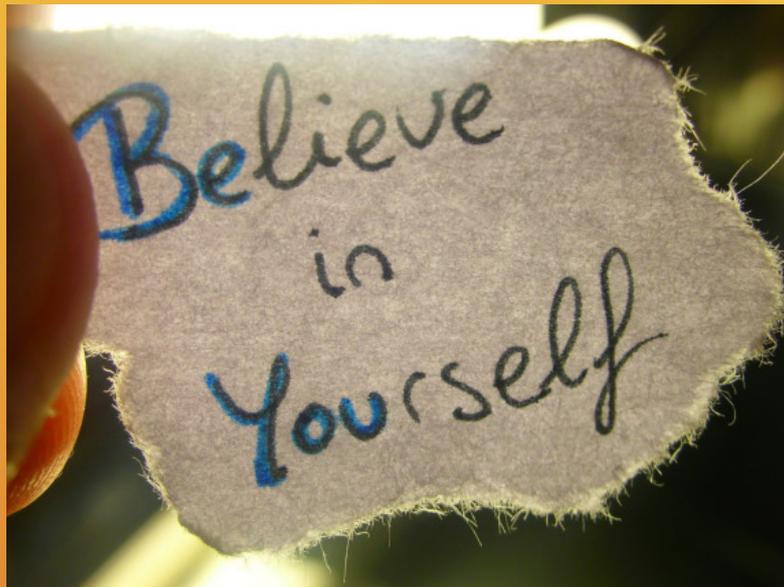
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We were all sent a small bio of each other and both my contemporaries were really quite intimidating on paper! Their obvious knowledge and experience seemed way out of my league, but being one of those chosen, it has given me confidence that I too have something to offer and believing in yourself is the key to success after all isn't it?!



There is a great TED Talk, which I want to share with you about exactly this sort of situation, where basically even if you don't feel like your up to it, just fake it till you become it. Sounds simple right? I'm still faking it some days like we all do I guess but these little tips can really, really help if you're in a stressful situation where you need to be at your best.

Just try them and you will instantly feel what it is. Whether you need to do some important written work, go to an interview, make a presentation to a group or perform on stage in front of lots of people this video is the start to helping you change your brain chemistry and being a success, for yourself and for those around you.

Here it is folks, enjoy! <https://www.youtube.com/watch?t=144&v=Ks-Mh1QhMc>

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