



# ***Breathing Space mini-residency:*** **Peer-to-peer support for** **Freelance Heritage Professionals**

## **When**

Friday 28th February (6pm-ish) - Sunday 2nd March (11am-ish)

## **Where**

[Kirkmichael Apartments](#), Kirkmichael near Pitlochry

## **What**

A 2-day professional development opportunity for freelance heritage professionals working within the Highlands and Islands, Moray and/or Argyll and Bute.

Freelance heritage professionals often find themselves working alone, caught in the cycle of finding work/clients, balancing that work, maintaining productivity, meeting unrealistic demands and chasing getting paid. Finding time within that cycle to focus on your own professional development and career growth can be extremely tough. The aim of this residency is to give freelancers the opportunity to share their experiences, create a network of support, enrich their practice and explore in depth issues, concerns, possibilities and opportunities in a safe non-judgmental environment.

The residency will include:

- Facilitated getting to know each other time
- Skills sharing sessions
- Idea/challenge sharing with peer response
- Group discussion and problem solving

MHH understands that some participants may have genuine concerns about sharing their ideas or challenges with others. While all participants should know in advance that some degree of sharing is key to gaining as much as possible from the workshops, it is also understood that there is some need for privacy and you will not be asked to discuss anything that you would prefer to keep private.

This residency will be supported and facilitated by Lindsay Dunbar. A passionate advocate for creative and cultural projects, Lindsay, a self-described "cultural crofter," is dedicated to fostering a vibrant arts and culture scene. As a Creative Scotland Fellow in 2017-2018, she delved into values-led leadership, ensuring that diverse voices are represented and amplified in every project she undertakes.

In 2021, Lindsay expanded her support network by launching Coaching For Creatives, offering support and encouragement to individuals and organisations. As a skilled freelance consultant and coach, she brings a wealth of experience to her work, specialising in rural contexts and community-driven initiatives.

Lindsay's approach to facilitation is rooted in collaboration and empowerment, fostering strong connections and supporting individuals to feel safe to share.

## Eligibility

The course will be open to a maximum of 6 freelancers, who will be chosen by application. Participants will be selected based upon their shared needs and stage of career: it is hoped that participants will be working at a similar level to maximise their opportunities for sharing experiences and learning. The course is open to all those who have some experience working as a freelancer for at least 1 year. You must also be resident in the Highlands & Islands, Argyll or Moray at the time of application.

If you have been part of a previous Breathing Space weekend, you are welcome to apply again. Please state in your application how you feel this additional opportunity would further benefit your career progression.

## Costs

All residential costs (accommodation and meals) will be covered by Museums and Heritage Highland. Participants are only required to pay an attendance fee of £50 (£80 for non-members of MHH) and cover their own travel expenses to Kirkmichael (we will organise car-sharing for this to reduce costs as much as possible). If cost is a barrier to your attendance, please reach out to us to discuss.

## How to Apply

Please send a current CV and personal support statement explaining why you would like to take part (in particular, why now?), think about what you would want to leave the weekend knowing/feeling/being able to do and please state what skills you would like to share and the key issue you would like to discuss with the group. Your personal statement can take the form of a written statement, a short video (no longer than 5 mins, sent by wetransfer) or a powerpoint presentation.

This opportunity is open to all. If you have any access requirements please include these in your personal statement so that we can ensure your needs are met.

Email these to Nicola Henderson, [nicola.henderson@museumsandheritagehighland.org.uk](mailto:nicola.henderson@museumsandheritagehighland.org.uk) **no later than 5pm on Wednesday 15th January**. Applicants will be notified of the decision by 22nd January