



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

## **When**

Friday 27th February (6pm-ish) - Sunday 1st March (11am-ish)

## **Where**

The Farmhouse Forres - <https://riverviewcountryparks.com/homes/farmhouse/>

## **What**

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

Rural museum and heritage professionals often find themselves working alone, caught up in a never-ending list of deadlines, unanswered emails, never-ending backlogs, evaluations and budgetary concerns. Finding time to focus on your own professional development and career growth can be extremely tough. The aim of this residency is to give heritage professionals the opportunity to share their experiences, create a network of support, enrich their practice and explore indepth 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
- Breathing space - time in nature or with a book to rest and recharge

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 Tamsin Russell. Tamsin is based in Fife and has worked in the cultural sector for over 20 years leading on learning and professional development from formal leadership programmes to action learning sets, from careers advice to coaching. Tamsin joins with an understanding of the sector, and the Scottish landscape specifically.

*'I am really delighted to be holding this space for curator/ managers, my philosophy has always been if we all share, we all learn - and this programme is grounded on that belief.'*

## **Eligibility**

The course will be open to a maximum of 6 participants, 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 in the heritage sector for at least 1 year. You must also be resident in the Highlands & Islands, Argyll, Aberdeenshire 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) 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) to help cover catering costs and to 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 Friday 16th January**. Applicants will be notified of the decision by 23rd January