



Jen Aesthetics
Medical

MENTORING • SHADOWING • SUPPORT



AESTHETICS MENTORING & SHADOWING

Practical guidance. Real experience. Personalised support.

For practitioners at every stage of their aesthetics journey.

ABOUT & APPROACH

WHY I STARTED MENTORING

Because I've been exactly where you are.

Before moving into aesthetics, I had **over 15 years of nursing experience and worked as a Band 7 Clinical Lead within the NHS**. I was experienced clinically, confident with needles and regularly carried out injections as part of my nursing career.

When I completed my foundation aesthetics training, I honestly thought I would feel confident putting it all into practice. I soon realised that facial aesthetics was a completely different story.

Facial aesthetics requires a different clinical eye. Understanding the theory and anatomy is one thing, but standing in front of a real patient and making those treatment decisions yourself is another. Despite my years of clinical experience, **I struggled to find the confidence to take that first step.**

Luckily, I found another experienced practitioner who was willing to mentor me. Having someone beside me during my first clinic made such a difference. Being able to ask questions, talk through treatments, observe, learn and gain hands-on experience gave me the confidence I needed to finally take those first steps into aesthetics.

THE SUPPORT I WISH I'D HAD

The aesthetics industry can be very different from working within the NHS. Within the NHS, you're surrounded by a team — colleagues to ask questions, discuss concerns with, learn from and seek reassurance from.

When you're a sole practitioner building your own aesthetics business, you don't necessarily have that support network around you. That's where having an experienced practitioner to turn to can be invaluable.

My aim is to provide the kind of support **I would have wanted when I was starting out** — not just another course or another certificate, but real-world guidance, practical experience and ongoing support.

Sometimes you don't need another course. You just need someone experienced beside you while you take that first step.

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1:1 MENTORING DAY

From foundation training to confident practice.

£450

10am–3pm • I come to your clinic

Perfect for **new injectors who have recently completed their foundation training but are struggling to put their knowledge into practice.**

The day is completely tailored to your needs, experience and areas you want to develop, giving you the opportunity to gain hands-on injecting experience with support throughout.

YOUR DAY CAN INCLUDE

- Hands-on injecting experience with botulinum toxin
- Lip filler and other areas of dermal filler
- Consultation and patient assessment
- Treatment planning and product selection
- Injection technique and anatomy
- Managing asymmetry and individual patient considerations
- Building confidence in your clinical decisions

PRESCRIBING SUPPORT

For **non-prescribing practitioners**, I can also offer guidance and support around the prescribing process as part of your journey into aesthetic practice. **Please enquire for further information.**

YOUR DAY

10am–3pm • I come to your clinic, allowing you to learn and gain experience within your own working environment. There is no fixed programme — the day is adapted to your individual needs.

Observe → Discuss → Plan → Inject → Review

CLINICAL SHADOWING DAY

Refine your skills. Expand your knowledge. Elevate your practice.

£395

10am–3pm

Designed for **clinicians who are already injecting but want to hone their skills, expand their treatment knowledge and gain insight into how I run my clinic day to day.**

Spend a full day alongside me in a real aesthetic clinic environment, observing my approach to consultations, treatment planning, product selection, injecting and patient care. The day is completely tailored to your experience and goals.

AREAS WE CAN EXPLORE

DERMAL FILLER

- Treatment planning
- Product choice
- Lip filler
- Facial balancing
- Advanced filler treatments
- Injection techniques
- Anatomy and asymmetry

BIOSTIMULATORS

- Including Radiesse®
- Treatment planning
- Patient suitability
- Product considerations

SKIN BOOSTERS

- Treatment selection
- Patient suitability
- Treatment planning
- Injection techniques

ADVANCED BOTULINUM TOXIN

- Treatment planning
- Patient assessment
- Advanced approaches
- Developing your clinical eye

BEYOND THE NEEDLE

A successful aesthetics clinic is about much more than injecting.

BUSINESS Structuring your clinic • Treatment menu • Pricing considerations • Patient journey	MARKETING Aesthetic brand • Social media • Content • Presenting your work • Client attraction
PRODUCT CHOICE Understanding products • Selecting products for different treatment goals • Confidence in your choices	CONFIDENCE Developing your clinical eye • Treatment decisions • Advanced treatments • Real-world experience

Observe → Discuss → Plan → Treat → Review

1:1 AESTHETIC SUPPORT

Expert advice, whenever you need it.

£125 per hour

WhatsApp video call or face-to-face

video call

Sometimes you don't need a full mentoring day. You just need to talk something through with someone experienced who understands the realities of working in aesthetics.

My 1:1 support calls give you personalised advice and guidance around your specific questions, challenges or goals.

WE CAN DISCUSS

- **Business:** setting up your aesthetics business, treatment menu, pricing, patient journey, clinic organisation and confidence.
- **Clinical:** treatment planning, product selection, areas of concern, injecting confidence, treatment approaches and troubleshooting.
- **Marketing & social media:** online presence, content ideas, presenting your work, attracting clients and developing your aesthetic brand.

HOW IT WORKS

£125 per hour • Sessions can take place via WhatsApp video call or face-to-face video call.

The session is completely tailored to you — simply bring your questions and we'll work through them together.

Sometimes, having someone to call makes all the difference.

WHICH OPTION IS RIGHT FOR YOU?

£125	£395	£450
1:1 AESTHETIC SUPPORT	CLINICAL SHADOWING DAY	1:1 MENTORING DAY
Advice, guidance, troubleshooting or business support.	For clinicians already injecting who want to refine and expand their practice.	For newly qualified injectors wanting hands-on experience and confidence.



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MY APPROACH

PERSONAL. PRACTICAL. SUPPORTIVE.

I don't believe in a one-size-fits-all approach to aesthetics. Every practitioner comes with different experience, strengths and areas they want to improve.

That's why my mentoring and shadowing days are **bespoke to you**. My goal is to help you develop not only your injecting skills, but your clinical eye, decision-making, confidence and understanding of what it takes to build and run a successful aesthetics practice.



READY TO TAKE THE NEXT STEP?

Let's develop your skills and confidence.

Whether you're looking for hands-on mentoring, clinical shadowing or simply some expert guidance, I'd love to help you develop your skills and confidence.

JEN AESTHETICS MEDICAL

Aesthetic Nurse Prescriber
Level 7 Diploma in Medical Aesthetics

Instagram: @jen_aesthetics_medical
www.jenaestheticsmedical.com
WhatsApp: 07532 765928