

Fire Cider

Fire Cider, once a traditional immune boosting tonic is a home remedy to help bolster the immune system and fend off coughs and colds.

The main ingredient of this potent blend is Apple Cider infused with a choice of additional ingredients including; citrus, ginger, hot peppers, garlic, honey, cinnamon, rosemary, chillies and black pepper.

We have reimagined this age-old recipe to act as an elixir to provoke conversations, moments of reflection and useful exchanges as part of your crucial early career steps.

The ingredients that we have included are based on what 21 young arts professionals need to feel valued and supported.

Ingredients



500ml Apple Cider Vinegar.....	Fair Pay & Stability
1 piece of Ginger.....	Listening & Trust
Rosemary (handful).....	Support & Growth
2 tbsp Honey.....	Openness & Accountability
1 Cinnamon stick...	Flexibility & Work-Life Balance
3 Chillies.....	Inclusivity & Ethical Standards
Black Pepper.....	Recognition & Respect
1 Orange.....	Collaboration & Community
1 tsp Turmeric.....	Joy & Creativity

Instructions

For young creatives...

Share a shot of Fire Cider with a colleague, or line manager when you experience these important “firsts” and use that moment to have a genuine and open conversation. Remember Fire Cider doesn’t always taste great and neither do conversations that are difficult to have!

- First project delivery
- First leadership opportunity
- First negotiation
- First conflict
- First mistake
- First public speech

Side Effects:

Fire Cider may cause the following; awkward silences, nervousness, sweating and residual temporary bitter taste after difficult conversations. However if taken regularly, it may prevent resentment, poor working relationships, burnout and young arts professionals leaving the creative industries.

For organisations and leadership...

Taking a shot of Fire Cider presents an opportunity to engage with the challenges facing young and early-career creatives working across the sector.

The ingredients are there to be used as as a prompt for understanding where you can improve practices across your organisation, in order to build a more inclusive, resilient and progressive workplace and sector.

