

Mentoring – An Introduction

What is a Mentor?

A mentor is 'a suitable person, who is willing and able to act as a confidential helper and guide to another player or coach, to stimulate development and make it more effective'.

The role of the Mentor

The mentor helps the individual to:

- assess their own needs;
- establish a development plan.

Regular review meetings can then be arranged to:

- discuss the progress made;
- review the learning;
- set future targets.

Knowing that an individual has a meeting coming up with the mentor helps them to focus on achieving targets! The mentor will also give the individual the opportunity to try out, in confidence, a range of ideas and methods of play or coaching before having to make decisions on the way ahead.

The role of the Mentee

Your mentor will help you achieve aims and goals by:

- identifying your strengths and weaknesses;
- setting personal and achievable targets;
- reviewing the progress you have made on a regular basis;