



BEING A MENTOR

ASSESSING READINESS

Effective mentorship can have significant benefits for a mentor. To make the most of a mentorship opportunity, it is important to assess your readiness in advance and ensure you have the capacity and motivation to participate fully. You should also understand the structure and expectations of the program before you commit.

IS MENTORSHIP RIGHT FOR ME?



Consider the following questions to determine whether being a mentor is right for you:

- ✓ Am I interested in contributing to the growth and development of a coach?
- ✓ Am I willing to commit time and energy to fostering a productive relationship with my mentee?
- ✓ Am I willing to commit time and energy to listen to the goals of another coach and provide constructive feedback in alignment with the goals identified?
- ✓ Am I interested in analyzing my coaching skills and experience and sharing this reflection with another coach?



Do I Have Enough Information About The Mentorship Program?



Review the following questions. If there are any that you can't answer, consider reaching out to the program organizers for more information.

- What is the purpose of the mentorship?
- How long is the mentorship? Is there a confirmed start and end date?
- What is the time commitment involved during the program?
- Is travel involved?
- How do I apply / sign up?
- What are the expectations of my role as a mentor?
- Am I expected to find a mentee or will my mentee(s) be assigned? If they are assigned, do I have any input?
- Is there any recognition for engaging in the mentorship?
- Are there any requirements upon completion (e.g. summary report)?

The Decision to be a Mentor

Understanding your motivations and expectations will help you to determine your goals and intended outcomes for the mentorship. Consider the questions below:

What motivates you to become a mentor? Check all that apply.

Coaching skill development

- Opportunity to share your expertise
- Recognition of a perceived need for mentoring of women coaches
- Opportunity to acquire a fresh perspective
- Opportunity to network with other coaches
- Rewarding activity that contributes to the organization and profession
- Other: _____

Personal growth

- Interest in enhancing social relations with others in coaching
- Benefitted from mentoring in the past
- Desire to identify and develop new coaching talent
- Interest in developing own coaching and leadership skills

What would you like to achieve as a mentor?

What expectations do you have coming into the mentorship relationship?

What will make you feel this experience was worthwhile for you as a mentor?

Visit the [Female Coach Mentorship Model webpage](#) for additional information and resources!

The Female Coach Mentorship Model was created in partnership with Canadian Women & Sport.