

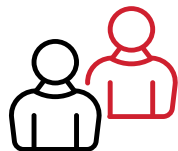


BEING A MENTEE

ASSESSING READINESS

Effective mentorship can have significant benefits for a mentee. 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 mentee is right for you:

- ✓ Am I interested in analyzing my coaching philosophy and skills?
- ✓ Am I interested in developing and growing my capacity as a coach?
- ✓ Am I open to learning from a mentor coach and critically assessing my skills?
- ✓ Am I willing to commit time and energy to fostering a productive relationship with my mentor?



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? Do I have any input on the goals and outcomes?
- 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?
- Are there any costs involved for the mentee?
- How do I apply / sign up?
- What are the expectations of my role as a mentee?
- Am I expected to find a mentor or will a mentor 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 Mentee

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 mentee? Check all that apply.

Coaching skill development

- Development of professional skills (e.g. leadership, negotiation, sport technical skills)
- Learning strategies for career advancement
- Exposure to and visibility by senior management/coaches
- Opportunity to network with other coaches
- Other: _____

Personal growth

- Interest in enhancing social relations with others in coaching
- Opportunity to shadow an expert coach
- Exposure to new challenges and opportunities
- Development of transferable skills (e.g. time and stress management)
- Other: _____

What would you like to achieve as a mentee?

What expectations do you have coming into the mentorship relationship?

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

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.