

AN INTRODUCTION TO MENTORING

CHESHIRE ARCHERY COACHES



WHAT IS MENTORING? IS IT...

- TELLING SOMEONE WHAT TO DO?
 - COUNSELLING?
 - TAKING RESPONSIBILITY FOR THEIR COACHING DEVELOPMENT?
 - LISTENING WITHOUT ADVISING?
-
- IT IS NONE OF THESE!

KEY ELEMENTS OF MENTORING



GIVING ADVICE



GUIDANCE



SHARING
EXPERIENCE



ENHANCING
COACHING SKILLS

DEFINITION OF MENTORING

A PARTNERSHIP

THE MENTOR
ASSISTS THE
MENTEE

TO DEVELOP
SPECIFIC SKILLS
AND
KNOWLEDGE

TO HELP THE
MENTEE TO
DEVELOP IN THEIR
COACHING SKILLS

TO OFFER ADVICE
AND GUIDANCE

BENEFITS TO MENTEE

- ACCESS ADVICE AND GUIDANCE FROM MORE EXPERIENCED COACH
- DEVELOPMENT OF SKILLD AND TECHNICAL KNOWLEDGE
- SET REALISTIC GOALS FOR DEVELOPMENT
- INCREASED CONFIDENCE IN COACHING
- INCREASED SELF AWARENESS AND BETTER PERFORMANCE AS A COACH

BENEFITS TO MENTOR



SHARING KNOWLEDGE
AND SKILLS



DEVELOPMENT OF MENTOR
SKILLS



SATISFACTION OF SEEING
MENTEE ACHIEVEMENTS
AND DEVELOPMENT

MENTOR ROLE



CHALLENGE ASK
QUESTIONS



BOOST CONFIDENCE
AND ENCOURAGE



OFFER ADVICE AND
GUIDANCE



HELP SET REALISTIC
GOALS



PASS ON
KNOWLEDGE

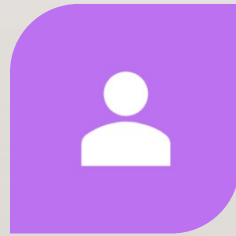


FACILITATE
LEARNING AND
CONTACTS WITH
OTHER COACHES

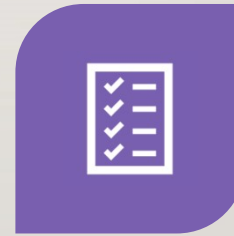
MENTEE ROLE



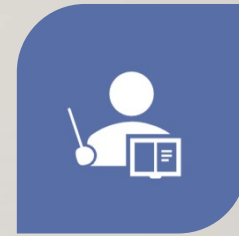
**BE OPEN TO
CHALLENGES**



**OWN THE
PROCESS**



**CHALLENGE
THE PROCESS**



**CHALLENGE
THE MENTOR!**