



## **Saskatchewan High Performance Women In Coaching Mentor Requirements**

The primary objectives for this mentorship opportunity are:

- Fostering community development;
- Providing a framework for meaningful participation;
- Increasing actual and perceived competence and knowledge;
- Developing an Individualized Long Term Professional Development Pathway;
- Increasing coaches understanding of external (NSO, Training centres, etc.) sport system.

**Each mentor-mentee relationship is unique. Each mentee will be looking to gain skills specific to their needs and each mentor will look to foster that learning in their own way. However, CSCS and CAS have the following expectations:**

### **Mentor:**

- Experience coaching at a National and/or International level;
- Ability to commit two to five hours/month for conversations, email, phone, etc.;
- Two in-person meetings per year with mentee (Game Plan YXE is highly recommended as one of the meetings);
- Participate in Strength Finder assessment with mentee and external consultant;
- Submit mentor follow-up report to CAS and CSCS at the conclusion of formalized mentorship.

### **Mentee:**

- Participate in Strength Finder assessment with mentor and external consultant;
- Identify three Key Performance Outcomes for the mentorship program;
- Submit, with input from mentor, three key competencies that will be focussed on/honed throughout;
- Two in-person meetings per year with mentor (Game Plan YXE is highly recommended as one of the meetings);
- Participate in online and/or in-person professional development opportunities as hosted by the CSCS and CAS;
- Submit follow-up report to CAS and CSCS of formalized mentorship conclusion (to include career goals/plan for the next four years).