

Mentoring for Paddlesport Coaches

Time / Audience

This 3-hour module is aimed at Paddlesport Instructors and Coaches wishing to develop their mentoring skills, so they can help with the development of other coaches.

Introduction

The module intends to equip coaches with a definition of modern mentoring. Identifying its principles, elements of best practice and the vocabulary which current mentor education embraces.

Learning Outcomes

By the end of this workshop, participants should understand:

- Mentoring is a skill and therefore can be learnt;
- Effective mentoring has a process with a definite form;
- There are rewards and challenges when taking on the role of the mentor;
- The need to identify a clear vocabulary for accurate mentoring;
- Where in their own coaching relationships could they explore practical opportunities to develop their mentoring skills.

Notes

Becoming a mentor is challenging and rewarding in equal measures. It is challenging because you are actively involved in the professional development of the coach and the long-term improvement of paddlesport coaching. There is, therefore, a responsibility to be as knowledgeable and enthusiastic about recent developments in coaching and coach education. It is rewarding because, as a mentor, you will have opportunities to articulate your own perspective, views and beliefs about coaching to another coach, effectively reflecting on your own thinking and practice. As the mentor to another coach you will inevitably become involved with their delivery of

coaching, touching along the way on personal and professional activities associated with the coach's development. This interaction will stimulate your own understanding of coaching, bringing professional activity and debate into the process. In conclusion, there is a profit for both parties engaged in a mentoring process and it should be appreciated that this is an exciting and demanding context in which a coach can develop professionally.