

SPORTS MENTOR QUALIFICATION



Introducing the Practitioner Mentor in Sports, a certified programme designed for those using sports to make a difference to the people you work with.

PROGRAMME DETAILS

- ✓ eLearning
- ✓ Group Learning Options
- ✓ Certification

Learners complete a reflective assignment to gain a Level 3 Certificate in Sports Mentoring from Open Awards.

MAKING THE DIFFERENCE USING SPORTS

KNOWLEDGE, SKILLS, IMPACT

Developing players in sports is not just about coaching of the skills required. There is a huge need to understand how to meet the holistic and pastoral needs of those you are working with. Many people in the sector tell us they feel unprepared or unsure of how best to help or what to say.

Pastoral mentoring is the practice of addressing the barriers or blocks a mentee is facing in their lives. Mentors look beyond the behaviours to see the underlying causes and emotional experience. They plan or support the mentee to overcome those blocks or barriers. Technical mentoring involves supporting someone to learn new skills.

Multi-award-winning training providers, The Mentoring School, have developed a programme to help you to actively support and develop the people you are working with.

The specialist programme covers up to date good practice skills in working with individuals or teams, covering the practical skills to support their personal development and increase their performance.

ASSESSMENT

Learners complete a reflective assignment to gain a Level 3 Certificate in Sports Mentoring from Open Awards. This includes a reflection on how they have applied or would apply the skills (if they have not begun mentoring).



THE COURSE COVERS:

- Mindset
- Diversity
- Engagement
- Working With Different Generations
- Structuring Mentoring Conversations
- Motivating Groups Or Teams
- Mentoring Individuals
- Mental Health

CONTENTS:

- You And Your Role
- Mentoring And Coaching
- Common Barriers
- Learning Styles
- Emotional Intelligence
- Mindset
- Preparation For Future
- Good Practice For Mentors
- Individual Mentoring
- Technical Mentoring
- Diversity
- Group Mentoring
- Involving Others
- Supporting A Mentee
- Mentoring And Mental Health
- Giving Feedback

Can be adapted to include your policies or procedures.

