



Mentor Training Program

Mentoring can be a valuable tool to help coaches and officials improve their knowledge, skills and confidence, and achieve the requirements for accreditation. Suitably skilled mentors ensure that coaches and officials receive a positive mentoring experience. To assist in the training of mentors in sport, the Australian Sports Commission (ASC) has developed a Mentor Training program.

What is the Australian Sports Commission Mentor Training Program?

The ASC Mentor Training program is a one-day workshop. It aims to develop and enhance the skills of mentors working with coaches and officials both in the community and in high performance sporting environments.

Who is the program aimed at?

The program is aimed at people who are mentoring coaches and officials either as part of accreditation requirements for the National Coaching Accreditation Scheme (NCAS) or National Officiating Accreditation Scheme (NOAS) and/or for the professional development of coaches and officials. It is recommended that participants are familiar with the mentoring structure and the role of a mentor within their sport before attending the workshop.

What is covered in the program?

The program covers the interpersonal skills required for mentors and the planning and processes of mentoring. It contains a number of practical activities

to practise mentoring skills. On completion of the workshop, mentors should be able to plan and organise mentoring relationships and assist mentees to develop and improve.

How can I enrol in the program?

The program is available through state and territory departments of sport and recreation. Some state and national sporting organisations also deliver the program as part of their sport-specific mentor training.

Contact details for your state or territory department of sport and recreation can be found at ausport.gov.au/coachofficial

How can I further improve my skills as a mentor?

The ASC's *Mentor Training Manual* can be purchased through the online AIS Shop (shop.ausport.gov.au). Topics covered in the manual include the mentoring process, knowing your mentee, setting up the mentoring relationship, skills of mentoring, communication skills, and managing and resolving conflict.

For more information on developing coaches and officials, go to ausport.gov.au/coachofficial