



UniSA SPORT

Club Mentoring Program

UNISA SPORT



University of
South Australia

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1. Introduction

UniSA Sport clubs provide opportunities for UniSA students, staff, alumni and community members that share a common interest to come together. With each club being run by their own committee, it also provides additional opportunities for individuals, the majority who are UniSA students, to develop their leadership skills. Strong governance is a key foundation to the success of any club.

UniSA Sport's focus is to support club committee members to be competent leaders, working as a team within their club to deliver their goals and develop a positive club culture through the medium of sport and recreation.

UniSA Sport is continually looking at ways to increase services and support to club members to add value to clubs. The sporting industry in which we operate constantly changes and has many variables that challenge us all. Club committees are made up of vibrant, passionate individuals who bring a wide range of experience and knowledge to their roles, many have never been on a committee and others have a wealth of knowledge and skills are willing to share their experiences and how it led to success.

2. About Mentoring

What is Mentoring?

Mentoring is one of the most effective methods for helping individuals achieve their personal aspirations and goals. It is a voluntary two-way relationship that involves deliberate pairing of a skilled or experienced person with one who is less experienced. The aim is to provide additional support to club committee members to develop and strengthen individual knowledge, skills, strategies and capabilities so that they feel more supported. We all at times tackle issues within our clubs and can feel overwhelmed in our roles. The goal of this program is to provide advice, to create strong professional networking opportunities and to gain both professional and personal enrichment for all involved.

Why Be Involved in the Mentoring Program?

Each mentor and mentee that takes part in this program will have their own personal objectives that motivates them to participate; developing leadership skills, improving club structure, developing knowledge, or having a sounding board for challenges within the club. This program will provide the platform for the most critical aspect of mentoring: building relationships.

3. Why Become a UniSA Sport Mentor?

The perception exists that being a mentor requires special skills, but this is FALSE! Mentors are people who have the qualities of good role models. Mentors use their personal experience and professional knowledge in clubs to help their mentees avoid mistakes or learn from them and prosper from good decisions. Below are seven qualities that make mentors effective:

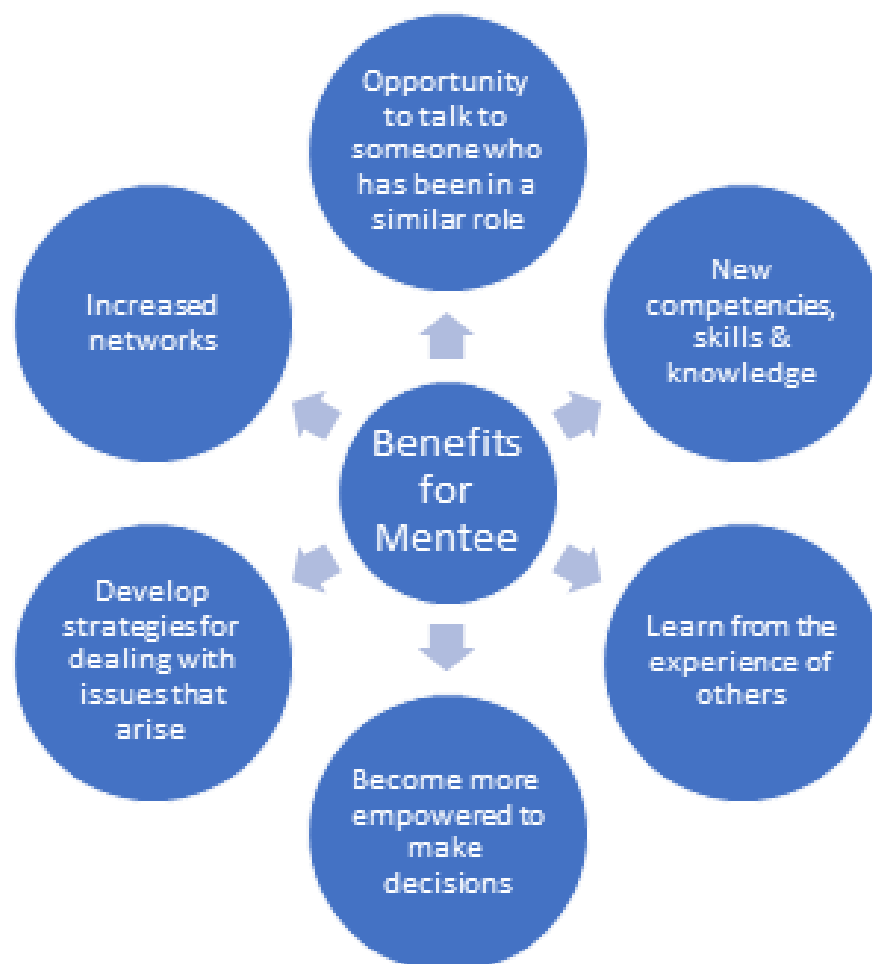
1. Ability and willingness to communicate what you know
2. Preparedness
3. Approachability, availability, and the ability to listen and hear
4. Honesty with diplomacy
5. Inquisitiveness
6. Objectivity and fairness
7. Compassion and genuineness

Being a mentor is a rewarding experience. Not only can you further enhance and develop your leadership skills and gain a personal sense of satisfaction from knowing you have made a difference, but you also have assisted to expand someone else's knowledge and skills by providing valuable advice whilst creating and nurturing strong professional relationships. Other benefits include:



4. What is in it for UniSA Sport club Mentees?

If you are new to being on a club committee, changed roles or just need someone to bounce ideas off, then this program will facilitate these needs. Mentees can expand their knowledge and skills, gain valuable advice from a more experienced club committee member, build their professional networks and become an improved leader. Other benefits include:



5. How to Apply

What is the Time Commitment?

The length of the program will be determined between the mentor/mentee depending on their needs. It could be a one-off offer of advice, a six-month formal program focusing on set goals or a longer developing connection.

Process of matching Mentors with Mentees

UniSA Sport's Mentoring Program is a resource that UniSA Sport would like to make available to all club committee members. The process for matching Mentors and Mentees will be as follows:

1. Expressions of interest are sought from committee members interested in making themselves available to act as a Mentor. It is envisaged that Mentors will be accessible to any UniSA Sport club committee member seeking mentorship. If you would like to be considered as a UniSA Sport Club Mentor, please complete the form [here](#).
2. Expressions of interest are sought from committee members interested in being mentored (ie the mentee). If you would like to be a UniSA Sport Club Mentee, please complete the form [here](#).
3. The UniSA Sport Club & Participation Coordinator will act as the intermediary and arrange contact between the potential Mentor and Mentee, this will depend on availability.

If you would like to discuss any aspects of the UniSA Sport mentoring program, please don't hesitate to either call or email me. The success of the program relies on your involvement, whether that be as a mentor or a mentee.