

# Certified Practitioner Mentor in Sports Programme

Helping develop pastoral skills in sports



# Making the difference using sports

## Programme delivery

Available as:

- 3-day group learning
- 6 x 3-hour group learning sessions
- Fast Track blended learning (eLearning and 1-day group learning)
- eLearning

These are then followed by a portfolio to gain the qualification.

The total time is approx. 24-50 hours.

## 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).

They also have the option to sign up to the official Register of Mentors as an accredited mentor.

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

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

Knowledge, skills, in



how best to help or what to say.

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.



Contact Richard on +442381 120010



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Our specialist Programme covers:

- Mindset
- Diversity
- Engagement
- Working with different generations
- Structuring mentoring conversations
- Motivating groups or teams
- Mentoring individuals
- Mental health

### Programme contents

- You and your role
- Mentoring and coaching
- Common barriers
- Learning styles
- Emotional intelligence
- Mindset
- Preparation for the future
- Good practice for mentors
- Individual mentoring
- Technical mentoring
- Diversity
- Group mentoring
- Involving others
- Supporting a mentee
- Mentoring and mental health
- Giving feedback

**Technical mentoring** involves supporting someone to learn new skills.

**Pastoral mentoring** involves developing the whole person, which may include elements of technical mentoring.

Many younger people tell us they want to feel supported as a whole person to feel more engaged.

*Which do you currently offer?*



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