



MENTOR TRAINING

Athlete Leadership

Agenda

1. All About Athlete Leadership
2. Being a Mentor
3. Practical Tips
4. Best Practice
5. Q&A

Objectives

By the end of this session you will

- Be able to list the different elements of Athlete Leadership
- Define mentoring
- Outline the tasks of an Athlete Leadership Mentor



What is Athlete Leadership?

Definition



- Provides opportunities
- Builds confidence and self-esteem
- Develops Skills
- Athletes representing themselves and us

Who can be involved in Athlete Leadership?

All registered Special Olympics athletes
over 16 years of age



Key areas of Involvement

- Communication
- Volunteering
- Committees
- Awards Scheme

Where do Athlete Leader activities take place?

- Clubs
- Events
- Region
- Community



Mentoring - The Basics

The Basics

- All mentors must be registered as a volunteer with Special Olympics
- Mentors must be 18 years of age, or over.



What is the role of a Mentor?

Trusted guide



Advisor



Friend



Support



Teacher



Helper



Athlete Leader Mentors

Mentor Role

- Support an Athlete Leader in activities
- Attend workshops with athlete
- Practise writing and delivering speeches
- Support the athlete in the Awards scheme

Question?

What is the difference between a mentor and a coach?

A Mentor Supports



A Coach Leads



Mentor To Athlete Ratios

- Mentor Team approach
- Athlete Team approach
- One-to-one



Good Mentoring Skills

- Supports athlete to take the lead
- Common Sense
- Good listening skills
- Patience
- Determination
- Tolerance
- Integrity
- Courage to manage negative behaviour

Other commitments?

Are you ready to Mentor?

Potential conflicts?

Sufficient Time?

Boundaries

Key Points to consider in your role as a Mentor

- Time
- Phone-calls
- Meetings
- Money
- Social Media
- Transport

Award Scheme

- Optional
- Provides structure for development

Three levels

- **Bronze**
- Silver
- **Gold**

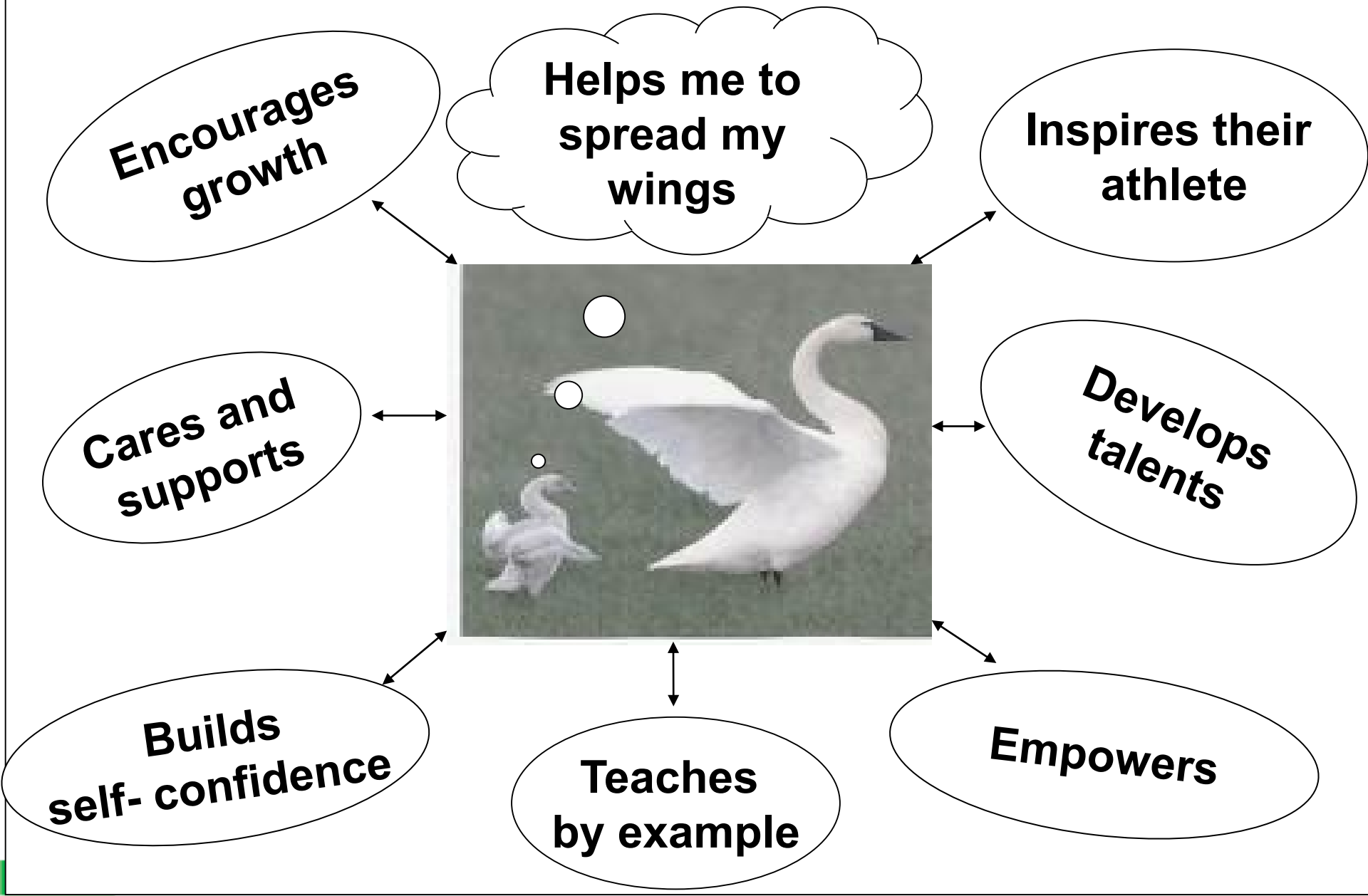


What's my role as a mentor in....

- Communication
- Volunteering
- Committees
- Awards Scheme

Let's hear from some Athlete Leaders

A Successful Mentor.....



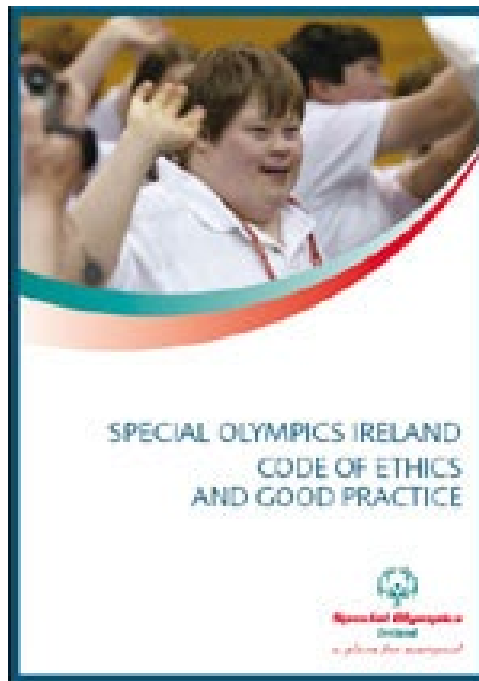


Mentoring

Code of Ethics and Good Practice

Code of Ethics and Good Practice Materials

Social Media & Texting Guidelines



Bullying Guidelines

Special Olympics Ireland Health Services, issued September 2012

Addendum to Special Olympics Ireland Code of Ethics and Good Practice Handbook

Bullying Guidelines

"Bullying is behaviour which is intentionally aggravating and intimidating and is conducted by an individual or group against others whether it is verbal, psychological or physical. Examples of bullying include:

- Teasing
- Taunting
- Threatening
- Hitting
- Extortion by one or more victims"

Special Olympics Ireland Code of Ethics (2008)

Bullying is not a one-off or continuous behaviour by a person against another person. It is a pattern of behaviour which is repeated over time and which causes harm to the victim.

Other examples of bullying include:

- Use of technology – in networks/emails
- Spreading rumours
- Being attacked on the basis of gender, race, religion, disability, age or sexuality

This behaviour is not acceptable by anyone and is a breach of Special Olympics Ireland Code of Ethics and Good Practice and, if observed, our reporting structure should be adhered to.

Bullying should be dealt with immediately, as soon as any signs come to the attention of a club, volunteer or staff member. With extreme forms and cases of bullying there may be a need to link directly in with the statutory bodies (i.e. An Garda Síochána/HSE or Police Service of Northern Ireland (PSNI)/Social Services.

How do Clubs prevent bullying?

- Promote a clear 'No Bullying' policy within the club
- Outline and clarify Codes of Conduct with all club members, this includes athletes, coaches, volunteers and family
- Annual signing Code of Conduct for Athletes, Coaches and Families
- Club and Medical Officer should meet on regular basis and build trust in the club that encourages athletes to take a role in preventing bullying in their club
- Report any incidents of bullying to the club
- Focus on the fact that anyone can be bullied and that it is not a sign of weakness
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How it is happening?

... therefore only survive in an environment where the victim does not feel able to tell someone who can help or in which they feel it is not safe to tell.

These are some warning signs which may indicate that an individual might be getting bullied:

- Reluctance to come to a venue or take part in activities
- Re-occurring absences from training and or club activities
- Physical signs (unexplained bruises, scratches or damage to belongings)

continued overleaf /

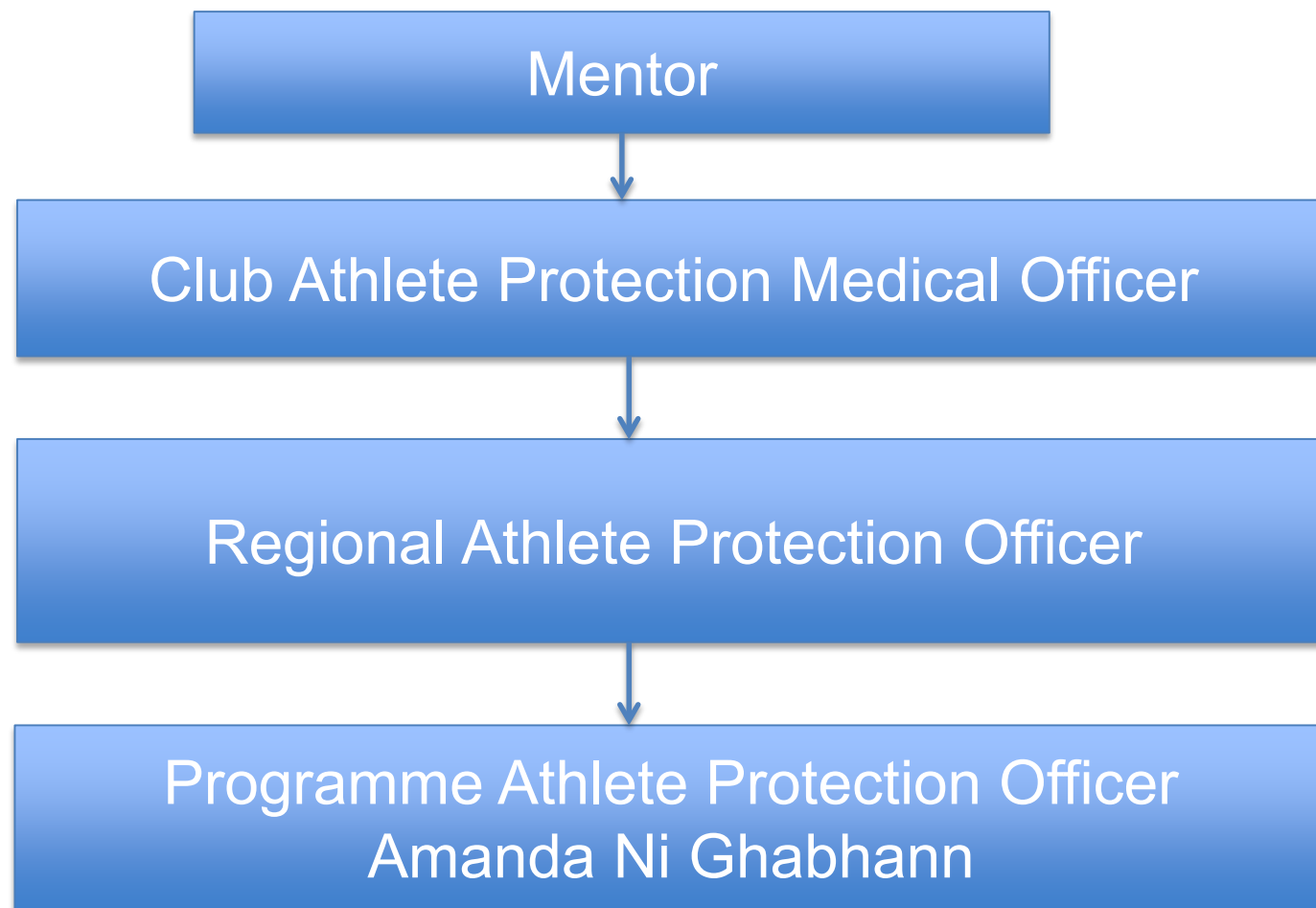
Code of Ethics and Good Practice in Practice...

EVERYONE IS RESPONSIBLE

- Training
 - Mentors
 - Athletes
- Code of Conduct
 - Lead by example
 - Support athletes in understanding their responsibilities
 - Open, positive and respectful relationship with athletes

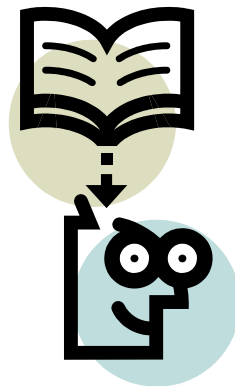


Reporting Line



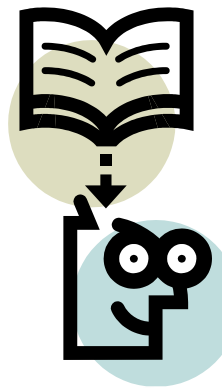
Good Practice For Mentors

- Always consider the needs of the athlete first
- Be enthusiastic about supporting the athlete
- Teach by example
- Encourage an open, positive and respectful relationship



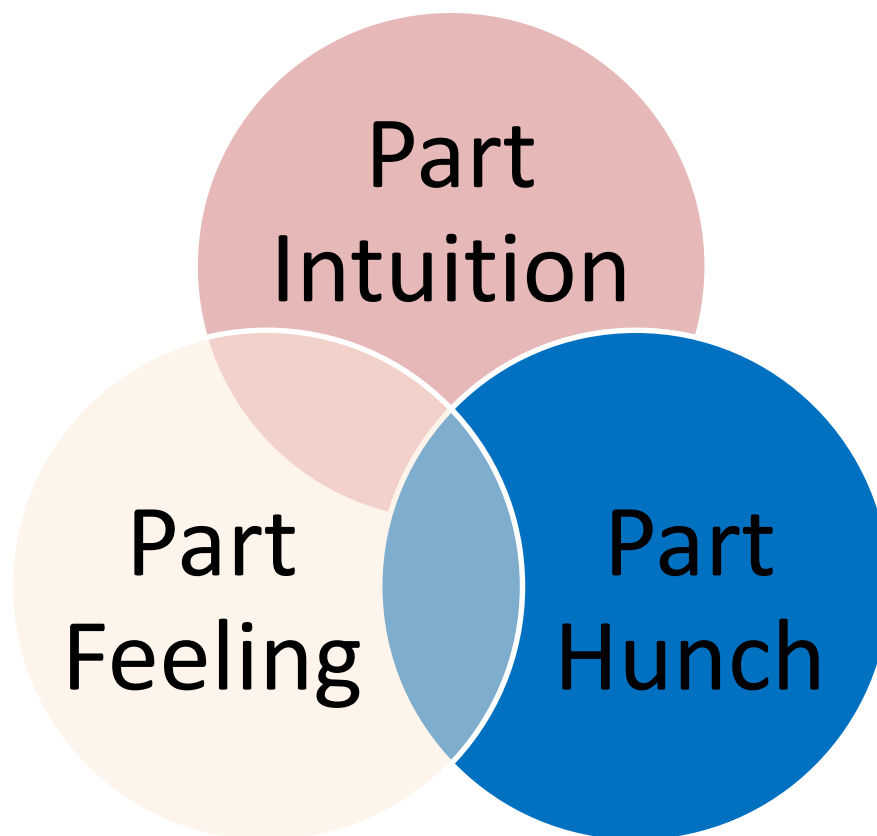
Good Practice For Mentors

- Respect developmental stages
- Do not permit abusive activities
- Listen to the athlete's suggestion/ problem
- Take time to understand



Final Thoughts

- Mentoring is a two-way process.....



Have We Met Our Objectives?

Can you now:

- Describe the role of a mentor in Athlete Leadership?
- List the key attributes of an Athlete Leadership mentor?
- Decide if mentoring is for you?





What are the next steps?