



Would you like to get involved being a Coach Mentor?

As part of our Women in Sport Initiative we are launching a Coach Mentor Programme to support the development of female coaches.

The purpose of a mentor is to provide support and advice to someone who wants to progress their own skills. A mentor should help the mentee to believe in them self and boost their confidence.

The mentor role can be as involved as you like and is flexible to suit both you and your mentee.

We are inviting applications from both male and female coaches who have coaching experience.

How it Will Work

Once you have agreed to be a mentor we will ask you to provide a contact email which we can use for correspondence.

Initially mentors will be paired with a mentee via email. The mentor can then determine how the mentor role will progress and how they want to stay in contact.

Initially all mentees will be advised that the mentor will only be in contact via email.

This is a voluntary role and as such we want the relationship with the mentee to be positive. If any issues arise during the mentoring role Triathlon Ireland will be available for support and guidance.

Once we have a confirmed list of Mentors, Triathlon Ireland will match up people.

If you are interested in being a mentor please fill out the following form and return to TI's Women's Participation Lead, Anna Grealish anna@triathlonireland.com