

WORLD TRIATHLON MENTORING PROGRAMME - SCHEDULE

Week No	Activity	Content	Lead
1	Webinar 1	Introduction to the World Triathlon Mentoring Course	Trainers
	e-learning	Module 1 - What is Mentoring for Mentees Module 2 - Introduction to Self-Reflection Module 3 - Equity Principles and Practice	Mentors
	e-learning	Module 4 - What is Mentoring for Mentors Module 5 - Establishing Mentorships	Mentors
2	Assignment 1	You will take part in two sessions, one where you are the mentor and one where you are a mentee. Identify and contact your practice mentee, establish rapport, conduct needs analysis, and set goals task. Complete the reflection note template and submit this to your assigned trainer using the education hub. We also recommend mentors keep audio or video recording of each session.	Mentors
	Webinar 2	Web-based discussion on mentoring including sharing your experience of your first assignment with others. Also includes a discussion on gender equality in triathlon.	Trainers
3	e-learning	Module 6 - Structuring Mentoring Sessions	Mentors
	Assignment 2	Conduct your second session as a mentor and a mentee based on GROW and submit your reflections to your trainer.	Mentors
4	Web-based 121	One to one session with your trainer based on submitted reflections from assignments 1 and 2 as well as your progress on course work.	Trainers
	Mentoring Session 1		
	e-learning	Module 7 - Underpinning Mentoring Skills	Mentors
	Assignment 3	Conduct your third session as a mentor and a mentee based on GROW and submit your reflections to your trainer.	Mentors
5	Webinar 3	Web-based discussion on mentoring including sharing your experience of your assignments to date. Also includes advice on your fourth and final assignment.	Trainers
	e-learning	Module 8 - Change Management	Mentors
	Assignment 4	Conduct your fourth and final session as a mentor and a mentee based on Change Curve and submit your reflections to your trainer.	Mentors
6	Web-based 121	One to one session with your trainer based on submitted reflections from assignments 3 and 4 as well as your progress on course work.	Trainers
	Mentoring Session 2		
	e-learning	Module 9 - Concluding Relationships and Communities of Practice	Mentors
	Assignment 5	Conduct final mentoring session with assigned mentee and act as mentee for final session with your assigned mentor. Submit final reflections trainers	Mentors
7	Webinar 4	Final Webinar - Review of the course and information on the mentor-mentee allocation and how to work on the World Triathlon Programme	Trainers