

Game Changer Mentorship Program - Uplift



The Game Changer Mentorship Program - Uplift aims to connect experienced individuals in the sports community with NGBs that need to get to the next level, to provide guidance, support, and expertise in taking the sports forward into a more professional context. **This is a 6 month long program.**

Requirements for Mentors:

- **Experience:** Mentors should have a minimum of 3 years of experience actively involved in the sports community, either as coaches, administrators, or officials.
- **Commitment:** Mentors must commit to providing ongoing support and guidance to their mentees for a minimum period of one year.
- **Communication Skills:** Mentors should possess strong communication and interpersonal skills to effectively mentor and guide NGB mentees.
- **Availability:** Mentors must be available to communicate regularly with their mentees via email, video calls, or other preferred communication channels.
- **Passion for Growth:** Mentors should demonstrate a genuine passion for promoting the growth and development of quadball globally.

Requirements for NGB Mentees:

- **Establishment:** NGB mentees must be officially recognized as the governing body for quadball by the IQA.
- **Context:** NGBs for the Uplift Part of this program might be from 201 and more, registered players on our Management Hub. Make sure this is updated when you apply.
- **Commitment:** NGBs must commit to actively participating in the mentorship program and implementing strategies to grow and develop quadball within their jurisdictions.
- **Openness to Learning:** NGB mentees should be open to receiving guidance, feedback, and support from experienced mentors to enhance their organizational capabilities and advance the growth of quadball.

- **Communication:** NGBs must designate a primary contact person who will be responsible for facilitating communication with their assigned mentor and providing regular updates on their progress and challenges.
- **Long-Term Vision:** NGB mentees should demonstrate a long-term vision for the growth and sustainability of quadball within their countries or regions.

Steps to Participate:

1. **Application:** Prospective mentors and NGB mentees must submit an application form providing details about their quadball experience, goals, and reasons for participating in the program.
[Application form](#)
2. **Matching:** The program coordinators will carefully review mentor and mentee applications to identify suitable matches based on experience, expertise, and mutual goals. Time zones will be considered when matching people, for better compatibility and communication.
3. **Introduction:** Once matches are made, mentors and mentees will be introduced via email and provided with guidelines for initiating communication and establishing mentorship goals.
4. **Goal Setting:** Mentors and mentees will work together to set clear and achievable goals for the mentorship period, focusing on areas such as organizational development, strategic planning, event management, and community engagement.
5. **Regular Check-Ins:** Mentors and mentees will schedule regular check-in meetings or exchange regular check-in emails to discuss progress, address challenges, and adjust goals as needed throughout the mentorship period.
6. **Evaluation:** At the end of the mentorship period, both mentors and mentees will have the opportunity to evaluate their experiences and provide feedback to program coordinators for continuous improvement.

Introduction

Once mentor-mentee matches are made, an introductory email will be sent to both parties. This email will include specific guidelines for initiating communication and establishing mentorship goals. Here are the detailed guidelines:

- 1. Introduction Email:** The introductory email will provide contact information for both the mentor and mentee, along with a brief introduction to each other's background and experience in quadball.
- 2. Guidelines for Communication:**
 - Initiate contact within one week of receiving the introductory email.
 - Begin by introducing yourself and expressing your enthusiasm for the mentorship opportunity.
 - Share your availability for an initial meeting to discuss goals and expectations for the mentorship.
 - Clearly communicate preferred methods of communication (e.g., email, phone, video call) and frequency of communication.
 - Respect each other's time and respond promptly to emails or messages.

Goal Setting

In this step, mentors and mentees will collaborate to set clear and achievable goals for the mentorship period. These goals will focus on areas such as organizational development, strategic planning, event management, and community engagement. Here's how to proceed:

- 1. Collaborative Goal Setting:**
 - Schedule an initial meeting within two weeks of the introduction to discuss and define mentorship goals.
 - Each party should come prepared with ideas for goals based on their respective needs and expertise.
 - During the meeting, prioritize goals based on importance and feasibility within the mentorship timeframe.
- 2. Identify Areas of Focus:**
 - Discuss specific areas where mentorship can provide the most value, such as improving organizational processes, expanding community outreach, or developing strategic plans for growth.
- 3. Set SMART Goals:**
 - Ensure that goals are Specific, Measurable, Achievable, Relevant, and Time-bound to facilitate effective progress tracking.
 - Document agreed-upon goals and timelines for reference throughout the mentorship period.
 - Template [here](#)

Regular Check-Ins

Regular check-in meetings are essential for maintaining momentum, addressing challenges, and adjusting goals as needed throughout the mentorship period. Follow these steps to facilitate effective check-ins:

1. Schedule Meetings:

- Establish a regular meeting schedule that works for both mentor and mentee, whether it's weekly, bi-weekly, or monthly.
- Agree on a preferred method of communication for meetings (e.g., video call, phone call, in-person).

2. Prepare Agenda:

- Prior to each meeting, both parties should prepare an agenda outlining topics to discuss, progress made, and any challenges encountered.
- Share the agenda with each other at least 24 hours before the scheduled meeting to allow for adequate preparation.
- Template [here](#)

3. Open Communication:

- Encourage open and honest communication during check-in meetings to address any issues or concerns that may arise.
- Actively listen to each other's perspectives and provide constructive feedback and support as needed.

4. Adjust Goals:

- Be prepared to adjust goals and strategies based on feedback, changing circumstances, or new insights gained during the mentorship.
- Document any changes to goals or action plans for future reference.

Evaluation

At the conclusion of the mentorship period, both mentors and mentees will have the opportunity to evaluate their experiences and provide feedback for program improvement. Here's how the evaluation process will work:

1. Feedback Forms:

- Both mentors and mentees will receive feedback forms via email to evaluate their experiences during the mentorship period.

- The feedback form will include questions about the effectiveness of the mentorship relationship, areas of improvement, and overall satisfaction with the program.
- For [mentors](#) and for [mentees](#).

2. Reflection:

- Take some time to reflect on the overall effectiveness of the mentorship relationship, what worked well, and areas for improvement.
- Consider specific examples or anecdotes to support your feedback and suggestions for program enhancement.

3. Provide Feedback:

- Complete the feedback form honestly, providing constructive feedback and suggestions for program enhancement.
- Submit the feedback form by the specified deadline to ensure that your input is considered for future program iterations.

4. Continuous Improvement:

- Program coordinators will review all feedback received and use it to inform future iterations of the mentorship program, ensuring ongoing improvement and effectiveness.
- Stay engaged with the program coordinators to provide additional feedback or suggestions for improvement as needed.

In conclusion, the Game Changer Mentorship Program represents a pivotal step forward in advancing the quadball community worldwide. Through the collaborative efforts of mentors and mentees, we aim to foster growth, knowledge sharing, and camaraderie within the sport. By providing guidance, support, and resources, we empower individuals and organizations to thrive in their quadball endeavors.

As we embark on this journey together, let us embrace the opportunities for learning, development, and collaboration that lie ahead. Together, we will continue to elevate the quadball experience and strengthen our global community.