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Coaching Association of Canada Female Mentorship Programs' Mentee Training Resource

The Coaching Association of Canada (CAC) uses the Female Coach Mentorship Model (FCMM; 2017) to guide mentorship programs to strengthen the development of female coaches. Over the past year, 100+ women coach mentees worked with their mentors as part of this program. The mentorship program evaluation revealed that mentees needed more support to understand their roles in the process, and mentee role expectations.

In 2020-2021 female mentee focus groups were held to get insights about what participants liked, wanted, and needed regarding their training as mentees. Consequently, a pilot mentee training program was developed, formed by a kickoff webinar, two training sessions and homework to be completed individually and with their mentors. An evaluation of the pilot program focused on relevance and effectiveness of the mentee training and resources for future mentorship program cohorts, which can be used by all mentorship programs in the sport community.
