UK UPA Mentoring "health check"

Do you understand how mentoring differs from managing or internships?

1) Definitely 2) Not sure 3) No

Are you sure you have the time available to take on the role?

1) Definitely 2) Not sure 3) No

Are you comfortable about being asked to assess your own strengths and weaknesses?

1) Definitely 2) Not sure 3) No

Can you relate to a mentee's developmental needs so that you can guide them to other sources of help if you need to?

1) Definitely 2) Not sure 3) No

Are you sure that you can invest time early on in the relationship to establish a rapport and regular schedule for discussions?

1) Definitely 2) Not sure 3) No

Do you know how to enable someone to produce a realistic development plan and support them in implementing the plan effectively?

1) Definitely 2) Not sure 3) No

Do you understand the distinction between counselling and coaching?

1) Definitely 2) Not sure 3) No

Are you aware that in taking on this role you will be a role model and that how you manage day to day situations will affect the relationship you will have with the player?

1) Definitely 2) Not sure 3) No