

# M-Power Programme

## What is it?

M-Power is Sport Ireland’s sector specific Mentoring Programme. It’s main aim is to support the development of the sport sector workforce. Mentoring facilitates learning and can support personal and professional growth. It can lead to fresh insights and perspectives, which can enable valuable career progression.

## What are the benefits of mentoring?

- Creates both personal and professional networks
- Organically develops leadership across the sector
- Grows the capability, skills and knowledge for both Mentees and Mentors

## When is it happening?

The fourth cycle will commence in April 2021 and ends in September 2021.

## What is the application process for Mentors and Mentees?

To apply, please contact Kesiena Ebenade, email: [odc@sportireland.ie](mailto:odc@sportireland.ie) before the close of business on 19th of March 2021



## Feedback from Mentors and Mentees from the First Cycle

*“The M-Power mentor programme is a rewarding experience. The program is well executed and structured in such a way that the reward is much greater and the time investment needed to have impact with the mentee. I highly recommend for other mentors to get involved.”*

**Lucy Molan, Head of Sales,  
LCS @ Google Ireland**



*“I am at the stage where I want to give as much as I take. The mentoring sessions have enabled me to be more selfless. My mentee has helped me to acknowledge the enthusiasm and energy for my own role – an important spiritual refresh after so many years mentoring. This has helped me remember the things that I should be prioritising – doctor, heal thyself.”*

**Warren Deutrom,  
CEO Cricket Ireland**



*“As a graduate on the ASPIRE graduate programme, my mentor was fantastic as she acted as a sounding board. My mentor asked me powerful questions, which enabled me to think critically about my short and long-term career objectives. I would highly recommend this programme to anyone working in sport; it is a great way of developing new networks and build confidence.”*

**Sasha Maguire,  
Swim Ireland**



*“My mentor was very knowledgeable, supportive, friendly, easy-going, experienced, creative and trustworthy. I enjoyed every mentoring session. I have developed greater confidence and I am more empowered to take control of my own development and career progress.”*

**Nikola Krahulcova,  
Badminton Ireland**

