

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 sixth cycle will commence in April 2022 and ends in October 2022.

What is the application process for Mentees?

To apply, please contact Kesiena Ebenade, email: odc@sportireland.ie before the close of business on 19th of April 2022



Feedback from Mentees



David McGill, CEO, Badminton Ireland

"I greatly valued my experience in the M-Power programme. As a senior manager, I wasn't sure if being a mentee would work for me. However, I found the entire process hugely valuable. My mentor was a great support in helping me navigate the issues I was facing. I firmly believe that without his support and the M-Power programme, I would still be struggling with those issues. Since completing the mentoring programme, I have made some significant changes in my working practices, improving my work-life balance."



Cian Spillane, Head of Risk & Compliance, Sport Ireland

"Mentorship has given me the time and space to think about my career direction, to reflect on where I've been and action where I want to go".



Pamela Bastable

"In today's competitive environment, governance has become a critical element in all aspects of business and the mentor programme was very impactful in re-enforcing my knowledge in areas of governance. I gained further insight into the importance around strategic thinking, learning to evaluate and be responsive instead of being reactive, and the importance of strategic communication while navigating the path in my own organisation. My mentor path was through the 'traditional mentoring programme' and I can thoroughly recommend any of the 4 pillars of the M-Power programme as pathways to success."