

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 Mentors?

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



Feedback from Mentors



Liam Harbison, Director, Sport Ireland Institute

"I have found the experience of mentoring on the M-Power programme highly personally enriching and fulfilling. To have the opportunity to build trust with a mentee over a number of sessions to assist them unlock their career potential is a great privilege. The value is two-way however with the programme generating significant time for me to take stock, self-reflect and learn from the mentee also. The matching and support from the Organisational Development and Change Unit of Sport Ireland is a key success factor in the programmes delivery ensuring ongoing support at all times for mentors and mentees. I look forward to further engaging mentoring partnerships in the future and would encourage all aspiring mentors to get involved."



Mary O'Connell, Company Director, Financial Services

"My experience as a mentor has been varied and interesting. All of the people that I have mentored have been very different with individual objectives. It has been a great opportunity to engage with people at an earlier stage of their career who are interested in developing their skills, knowledge and aspire to progressing within their company or seeking opportunities elsewhere. My objective has been to provide a safe space for someone to take time out from their day-to-day commitments, assess what they would really like to accomplish, how they can achieve their goals and to put a plan in place to realise them. The Sport Ireland training and network environment has been very helpful in helping me to develop my mentoring skills. My overall experience has been very positive, engaging with new people and learning from mentees and other mentors during the various cycles"



Annette Codd, Director, Event Health Services and Operations, Special Olympics International

"What a positive experience being a mentor!! It has been empowering and impactful, increasing my skills, confidence and that of my mentees. It has been exciting supporting mentees from different professional backgrounds, guiding them in the elements it takes to be productive, successful and identifying actions required to succeed in their field. Mentoring has also challenged me on occasions to learn how to adjust my communication to align with the personality style of the mentee. It has also enabled me to build the recognition into my schedule of the time and commitment required with the mentee to develop their own strengths, beliefs, and personal attributes. One never feels alone being a mentor because of the support, training from Sport Ireland and other mentors is only one call or an email away. Also, seeing the positive outcomes from each programme encourages and advocates for continuous involvement in a great programme"