



SPÓRT ÉIREANN  
SPORT IRELAND

# M-Power Mentoring Programme



[www.sportireland.ie](http://www.sportireland.ie)

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.

**M-Power is specifically designed for two groups of people – people who seek a Mentor or those who would like to become one.**

**If you want to be a Mentor  
(see the application form on page 6):**

You need to have the ability to share insights and knowledge gained through professional experience. Mentors are not required to have experience in the sports sector.

---

You must be available to meet regularly with your Mentee for the programme duration

**If you want to be a Mentee:**

You must be an employee or a board member of an organisation funded by Sport Ireland.

---

You must be nominated by your organisation, indicating your mentoring need and the hoped for performance benefits both to you and to your organisation.

---

You must be available to meet regularly with your Mentor for the programme duration







There are 4 Pillars of Mentoring support available through the M-Power Programme.



### Traditional Mentoring

This is when a person in a senior role mentors a person in a junior role in a specific area of expertise.



### Women to Women Mentoring

This is when women in senior roles mentor other women in the sports sector. The aim of this pillar is to support the career progression of women in this sector.



### Reverse Mentoring

This is when a person in a junior role mentors a person in a senior role. Possible mentoring areas include technology, innovation and social media.



### Peer-to-Peer Mentoring

This is when a person who has specific knowledge or skills mentors another who is an equal but is new to that area, e.g. one who has been working with local schools' mentors another who is taking over that task.







### What are the benefits of mentoring?

- It creates both personal and professional networks.
- It organically develops leadership across the sector.
- It grows the capability, skills and knowledge for both Mentees and Mentors.

### Additional programme information:

- Both Mentees and Mentors will receive training before the commencement of the mentoring sessions.
- There will be constant support provided by the OD&C unit in Sport Ireland for all participants.
- Duration, frequency and scheduling of the sessions will entirely depend on a Mentee's need and availability of a Mentor. We would suggest a maximum of 8 months.
- Continuous cyclical evaluation is carried out during and after the mentoring relationships.

**Please note: Mentees will not be charged for the programme nor will Mentors receive payment for their time**

### When will the programme commence?

The programme will commence in September 2024.

### The application process for Mentors

To apply for the programme, please fill out the application form on page 6 and email to [odc@sportireland.ie](mailto:odc@sportireland.ie) by Thursday the 25th of July 2024.

### Questions

Should you have any questions in relation to the programme and the application process, please contact Ashleigh McGuirk at [odc@sportireland.ie](mailto:odc@sportireland.ie)

## M-Power Mentoring Programme

# Application Form for Mentors

If your application is successful, please note that some of the following information you provide will be shared with the mentee.

Please complete the following information regarding your Mentor application electronically.

### SECTION 1: Personal Information

Applicant's Name:

Organisation:

Job title:

Email Address:

Phone number:

Mobile number:

The below information relating to line management is to be completed by employees who work in sports organisations funded by Sport Ireland only.

Line Manager Email:

Line Manager Job Title:

### SECTION 2: Curriculum Vitae

Please attach your CV with this application.

### SECTION 3: Mentor Application

Why are you interested in being a Mentor on this Programme?

What do you hope to achieve by participating in this Programme?

Please indicate what experience you have as a Mentor to date.

Please indicate how your professional and/or personal experience will help a Mentee on this Programme.

### SECTION 4: Signatures and Approval

Mentor Applicant Signature:

Type in name of Applicant

The below signature relating to line management is to be completed by employees who work in sports organisations funded by Sport Ireland only.

Line manager signature:

Type in name of CEO/Line Manager







SPÓRT ÉIREANN  
SPORT IRELAND

## Contact Us

Sport Ireland  
The Courtyard  
Sport Ireland Campus  
Snugborough Road, Blanchardstown  
Dublin 15, D15 PN0N  
+353 1 860 8800  
[odc@sportireland.ie](mailto:odc@sportireland.ie)  
[www.sportireland.ie](http://www.sportireland.ie)