



### Philosophy of Mentorship:

- Each mentorship is unique and changes with the relationship over time.
- Utilize the complementary - and likely evolving - strengths you and the athlete with whom you work possess.
- Consistency, reliability, and boundaries are key.
- Recognize the role as a true partnership.
- Be focused but flexible.

### Job Description:

#### WHAT Mentors for Health Messengers do:

- Attend Health Messenger training with the athlete
- Ensure opportunities to apply learnings
- Act as a leadership “coach”
- Be an advocate for the athlete, if needed
- Provide constructive feedback
- Research learning opportunities
- Coordinate logistics with caregiver(s), if applicable
- Help athlete stay on task
- Help keep athlete accountable
- Provide transportation if needed

#### HOW Mentors do it:

- Commit to working with the athlete, providing support as needed
- Get to know the athlete ~ communication style, support needs, goals in becoming an athlete leader
- Learn about local Special Olympics health efforts and possible opportunities
- Allow the athlete to express himself or herself – give help only if he or she can’t
- Listen – people want to know what the athlete thinks, not the ideas of the mentor
- Understand Special Olympics and the global health program, made possible by the Golisano Foundation
- Always give encouragement – especially before a speech or event
- Value your athlete’s opinions and preferences
- Fade assistance as athlete leader becomes more proficient and capable
- Represent Special Olympics in a professional manner

### Basic Qualifications

- Must be 21 years of age or older
- Must be an approved Class A volunteer (background check, protective behavior class)
- Assist with transportation needs as they arise
- Commit to be a mentor for at least one year
- Willingness to commit to a minimum of 5 hrs./month depending on athlete’s activities