

## **How to Take Your Coaching to the Next Level: Mentoring**



Mentoring is a fantastic way for you as a coach to develop yourself and others. As a more experienced coach, becoming a mentor can help you in ways ranging from developing a greater self-awareness of your coaching style and philosophy to providing your club with a sustainable network of coaches.

As a less experienced coach, finding a mentor can accelerate your refinement of the 'how to coach' skills as well as grow your technical and tactical knowledge of the game by utilising your mentors experience.

You can find a mentor in one of the following ways: approaching your club coach, contacting local or regional team coaches, contacting your Regional Association, particularly your Regional Coaching Administrator or by contacting Volleyball England.

However, finding a mentor is only the first stage of taking your coaching to the next level via mentoring. The better the relationship between the mentor and the learner, the more your coaching will progress. But how do you build an effective partnership between a mentor and a mentee?

To address this question, sports coach UK have produced four key fact sheets on the following topics encountered in mentor relationships which can be read via the links below:

- [Building Rapport](#)
- [Conflict Management](#)
- [Effective Communication](#)
- [Facilitating Change](#)

Have you been mentored or are you a mentor? How did or are you acting to make the partnership as effective and successful as possible? Get in touch with us at [coaching@volleyballengland.org](mailto:coaching@volleyballengland.org) to share your story.