

Junior Sport Coaches Training

Masculinity and Mentoring



Why are we here?

Aim

To build your **leadership capabilities** and prepare you to **confidently mentor** a group of students through sport and co-curricular activities while motivating you to want to grow into **exceptional role models** willing to serve as “Men for Others” in the context of your current roles and beyond.

Why are we here?

Objectives

To support you to learn to:

- work collaboratively with each other;
- build respectful relationships with each other;
- build respectful relationships with the students;
- build harmony and cohesiveness within the community of coaches;
- listen respectfully when someone else shares their story;
- engage in two-way conversations;
- share knowledge within the community of coaches;
- identify and leverage personal strengths;
- identify and celebrate strengths among individual students; and
- nurture leadership capabilities,

while improving your appreciation of:

- healthy, prosocial forms of masculinity;
- boys' development; and
- the positive impact of your role on students' wellbeing.

Why are we here?



What are we going to do?

- Workshop 1: Masculinity
- Workshop 2: Becoming a great role model
- Workshop 3: Managing professional boundaries and relationships
- Workshop 4: Reflection

Workshop 1

Masculinity



What is masculinity?

- What is the “**current state**” of masculinity in Australia?
- What are some of the **external factors** that influence beliefs about masculinity? For example, what role do socioeconomic factors play? What role does technology play?
- What are some of the key **challenges** facing boys and young men that influence their understanding of masculinity?
- Is there **hope** for the future?

Workshop 2

Becoming a great role model



What makes a great role model?

- Acknowledging your vulnerabilities
- Identifying your strengths
- Identifying others' strengths
- What is the difference between a mentor and a role model?
- Creating moments of connection, discovery and empowerment
- What makes a “great” role model?

Acknowledging your vulnerabilities

- **Grounded confidence** is a willingness to lean into vulnerability.
- **Leaning into vulnerability** is courageously sharing hidden parts of you and learning about shared experiences.
- What is one thing that makes **you** vulnerable?

Identifying your strengths

- Name two of your strengths.

Identifying others' strengths

- Turning to the person next to you, name two of their strengths.

Mentors and role models

- What is the difference between a mentor and a role model?

Connection, discovery and empowerment

- Creating moments of connection, discovery and empowerment.
- Key themes:
 - Presence
 - Rhythmic interaction
 - Meaning making
 - Atmosphere.

Great role models

- Reflecting on:
 - the strengths you identified about yourself; and
 - the strengths your colleagues identified about you,
- what attributes will you bring to the table in your role as a Junior Sport Coach that will help make you a great role model?

Workshop 3

Managing professional boundaries and relationships

What are professional boundaries?

- You are working in the context of **relationships**.
- Relationships between you and the young men you're working with should be in the **zone of usefulness**.
- That is, you should never be **under involved** or **over involved**, and you should be mindful of any **warning signs** that you have stepped outside the zone of usefulness.
- What is the **zone of usefulness**?
- Learning how to apply your understanding of the **zone of usefulness** in the context of relevant scenarios.

Workshop 4

Reflection



Reflection

- By acknowledging your vulnerabilities and the vulnerabilities of your colleagues, and by leveraging your strengths, what will you do **in fact** to be a “Man for Others” in your role as a Junior Sport Coach as you strive to become a better role model?

Questions and feedback