**International Olympic Committee Research Centres for Prevention of Injury and Protection of Athlete Health Training and Career Development: Career Mentorship Program**

**Mentoring Agreement Template**

The mentorship program should be a positive experience for both the mentor and mentee(s).

This mentoring agreement can be used to discuss potential roles, and expectations.

Goals could be considered that relate to career guidance, collaboration, communication and leadership, networking, and resource identification or other topics.

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| Goals | Plan to meet Goals |
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**Confidentiality**

*Mentors and mentees agree to keep information or discussions shared through the mentoring relationship private. Mentees will be encouraged to research the appropriate support pathways within their institution. Mentor partnerships are dependent on open and regular communication.*

**Frequency of meetings**

*Mentorship will be accomplished through a series of virtual meetings, scheduled between mentor and mentee, and recommended to occur 3-5 times per year (though more frequent meetings could be arranged if mutually agreed upon).*

We will plan to meet at least \_\_\_\_\_\_\_\_\_\_\_ times per year for \_\_\_\_ hour(s). If we cannot attend a scheduled meeting, we agree to notify one another in advance.

We are committed to regular, open, and honest communication in our relationship. We will discuss and attempt to resolve any conflicts as they arise. We will strive to meet over a one-year period with an option to continue for a longer time period.

Mentor Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mentor Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_

Mentee Printed Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mentee Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_