**Health Messenger**

**Mentor Job Description**

**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
* Fades 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