



**ATTENTION ACTIVE AND RETIRED (within 8 yrs) OLYMPIANS
AND NATIONAL TEAM ATHLETES!!**

Apply to become a mentor with HEAD TO HEAD

BENEFITS TO YOU:

- Make some money \$\$\$!
- Extremely flexible scheduling
- Professional development opportunities
- Inspire young people

Head to Head promotes mental resilience and physical wellness through Olympian led mentorship programs that teach healthy habits and inspire confidence. We pair Olympians and national team athletes up with schools, sports clubs and other organizations to work with the students throughout a school year by visiting in person, doing a video recording session with us (so we can send videos in between visits) and by being available on email for students who want to reach out (quite rarely used as kids don't seem to use email much these days).

Visits are a range of different types of events and activities. The school, club, camp or youth organization often has the Olympian come in for speaking events (like assemblies), classroom visits (for Q & A), to work with specific teams (to help with dryland work, sport specific skills, stretching / recovery tips or other), parent assemblies (to speak about how your parents may have helped you), and much more.

Each program is different, but here is what a commitment could look like for a school year:

- 5-10 in person visits (scheduled around your availability)
- 1 video recording session (usually 1 hour of prep is required)
- availability on email (to set up visits, recording session etc.)

Compensation is provided for all commitments. To date Head to Head has provided over \$150 thousand dollars, and counting, directly to our Head to Head mentors!!!

Head to Head helps all mentors to prepare and speak about an array of topics by providing resources; like speaking notes with prompts, powerpoints and even workbooks to increase engagement and to help guide a conversation with the students.

Lastly, we host at least 1 training / professional development session in late summer (and sometimes in January too), to help share details on what to expect in your program, as well as have speakers in to share tips and/or speak about other important topics like athlete transition or mental health.



HEAD TO HEAD OLYMPIAN MENTOR APPLICATION

To apply, please send a cover letter and your resume to Samantha at samantha@headtohead.ca . **When we receive your application, we will review, and if you fit the criteria, you will be added to our Olympian database and contacted when a suitable role becomes available.**

Please include the following in your resume or cover letter:

- Contact details (phone, email, address of current home base or place you visit lots)
- Your sport, if you are active or retired, and top achievements in sport and school
- Any previous mentorship or speaking experience or training
- Why you want to work with Head to Head
- Any strengths when working with youth
 - What makes your interactions so great?
 - ex: I started off playing all sports and didn't excel until I was 20 years old so I can relate to a lot of young people... or I love speaking about diversity and inclusion because I'm an advocate for anti-bullying and can relate to a lot of young kids struggling
- Share any experience you have leading a workshop, workout, or activity session (instead of just a keynote)
- Anything else that you feel would make you a good fit for the role!

Please also fill out the following questions on your approximate availability:

1. What are your limitations around scheduling visits (ex: see below)?
 - Work 9-5
 - Available weekends only
 - Flexible schedule
 - Travel for all of November and December to train

2. Sometimes we have opportunities in more remote locations; would you be willing to travel from your current location and if so how far? (i.e. 2 hour drive only, could do a flight here and there, in my city only etc.)

Any questions?

Contact Samantha (samantha@headtohead.ca) or Martha(mmccabe@headtohead.ca)

THANK YOU!