

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/athlete led mentorship programs that teach healthy habits and inspire confidence. We pair Olympians, Paralympians and national team athletes up with schools, sports clubs, corporate teams, and other organizations to work with young people, adults and staff throughout the year. Head to Head mentors lead in person visits, participating in live or recorded video sessions, and are sometimes even available via email.

Visit layouts and schedules can include a range of different types of events and activities. Organizations often have Head to Head mentors in to share their story in a keynote style engagement but visits could include other components like classroom visits (for Q & A), time spent 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), to lead mini workshops (with Head to Head guidance and resources), and much more. Each program is different, and Head to Head will always share all information with you before you need to commit fully.

Compensation is provided for all commitments. To date Head to Head has provided over 380 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.

Your responsibilities for each commitment include the following:

- Social post for every engagement you partake in (once you share your social post, we'll get you paid!). Ensure you tag @_headtohead in all posts or stories
- Time spent preparing in advance of your sessions (we have people and resources to help simplify this process for you!)
- Availability for 1-2 phone call training session/call prior to your first session (pending your level of experience)
- Commitment to all sessions you agree to participate in.
 - If you do need to cancel a session for any reason, please provide at least 2 weeks notice and recommend a replacement if possible
- Review and sign the Head to Head mentor memorandum of understanding (outlining these responsibilities in detail)
- Timely email / phone responses to our requests
- Positive attitude!

HEAD TO HEAD MENTOR APPLICATION

To apply, please send a short cover letter/email and a 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 Mentor 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 - so we know where we could potentially have you working with youth groups)
- 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!