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# BOOST – A European Accelerator Programme for Sport for Social Impact Professionals

**MENTEE INFO PACK**



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## 1. INTRODUCTION TO THE MENTORING PROGRAMME

The BOOST Mentoring Programme is a structured, six-month capacity building initiative from March 2026 until September 2026 that is aimed at empowering emerging leaders and practitioners in the field of sport for social impact (S4SI) across Europe.

The programme provides personalized guidance to help you design, refine, develop, or strengthen a concrete project or initiative that uses sport as a tool for positive social change. Plus, it allows you to connect with other inspiring entry- to mid-level sport practitioners and with experienced sport professionals who act as your mentors.

Unlike general coaching or generic personal development programmes, BOOST focuses on practical, time-bound, project-oriented learning. It means that as a mentee, you will join the programme with a specific idea, project or challenge or project that you wish to develop. Throughout the mentoring journey, your mentor will accompany you throughout this process, helping you clarify your goals, strengthen your skills, overcome barriers, and translate your vision into tangible actions and results.

Through a combination of one-to-one mentoring, group learning moments, online learning, and participation in an international community of peers, the Boost mentoring programme aims to broaden your competencies, deepen your understanding of the S4SI sector, and expand your professional network. The BOOST experience is designed not only to support and accelerate your project or organisation, but also to contribute to your long-term growth as a sport leader committed to social impact.

### THE BENEFITS FOR YOU

**Do you want to give back to your community and work with ambitious, proactive people from across Europe, and enrich your background and strengthen your skills by joining this programme as a Mentee?**

If this is the case, you can benefit yourself, others and entire communities by becoming a mentee on the BOOST Mentoring Programme. By joining our programme as a mentee, you will have the opportunity to:

- Receive personalized guidance from an experienced professional in the S4SI sector
- Strengthen your own project or initiative with expert advice and structured support
- Develop competencies in leadership, planning, communication or impact measurement
- Access learning modules, masterclasses and additional learning resources
- Join a diverse and international community of peers and experts
- Build new connections and gain visibility within the S4SI field
- Enhance your employability, confidence and readiness to lead
- Advance your project from idea to implementation

And no worries: Our Boost programme is designed to meet you where you are — whether you are starting with an idea, developing a rather new initiative or improving an existing one.

## PROGRAMME OBJECTIVES AND GOALS

BOOST is designed to strengthen your development as an emerging leader in the S4SI sector. Over the course of six months, the programme focuses on enhancing both your technical abilities and your interpersonal capacities, while guiding you through the design, planning, or improvement of a social-impact project grounded in sport.

Through your relationship with your mentor, you will have the opportunity to reflect on your goals, clarify your strategic direction, and explore methodologies that can support the implementation of your project. You will receive constructive feedback, identify opportunities for growth, and gradually build the confidence to take leadership within your organisation or community.

In parallel, your participation in the broader BOOST community will expose you to peers and experts from different countries, backgrounds, and organisational contexts. This collective learning environment encourages exchange, dialogue, and inspiration – strengthening your ability to engage with diverse perspectives and to situate your own work within a wider ecosystem.

By the end of the mentoring and accelerator programme, you are expected to demonstrate a deeper understanding of S4SI principles and practices, have clearer professional direction, enjoy progress on your project, and hold increased readiness to contribute meaningfully to your local community. You will also leave the programme with an expanded network of practitioners and mentors across Europe!

## ENROLMENT

You can apply through the following link: <https://forms.gle/JDrzikQ5R3oC82j36>

The selected applicants will then be contacted by the BOOST team.

**Note:** *Although the Boost programme has a European focus, there are no formal restrictions on participation based on nationality, location or any other backgrounds. The mentoring programme will be entirely online. Yet, we look to select the participants in order to match the expertise of our Mentors and to compose a balanced, complementary and impactful group of changemakers.*

## 2. MENTEE SELECTION CRITERIA

Mentees will be selected based on the following criteria:

- Motivation: Commitment to personal development and to the S4SI field

- Potential for Impact: Alignment of your project with S4SI values and potential for positive community change
- Learning Readiness: Willingness to engage in reflective practice and structured learning
- Availability: Ability to commit to the programme timeline (6-month duration) and requirements
- Project Idea: A clear vision for a project or initiative you want to develop, which matches the expertise of our Mentors
- Diversity and Inclusion: The programme aims to build a balanced and diverse cohort across countries, backgrounds and experiences

### 3. MENTOR – MENTEE RELATIONSHIP

#### MATCHING STRATEGIES

Matching between mentors and mentees will be conducted with attention to:

- Similar fields of work or thematic focus
- Alignment between your project needs and the mentor's expertise
- Personal compatibility, working styles and communication preferences
- Information provided in both applications

The matchmaking is carried out by the BOOST programme coordinators and aims to create pairings that support your personal and project-based development.

#### MENTORING FORMAT & STRUCTURE

The mentoring format is one-to-one relationships (1:1) and runs throughout the six months of the programme. Each mentor will be paired with a mentee for the full duration of the programme. This mentoring approach is highly personalized and allows for deep developmental engagement tailored to the mentee's goals and challenges. Mentoring sessions (within the pairs) can be scheduled using different models, such as:

- Rolling Mentoring: Regular monthly sessions, to maintain regular progress
- Content-Related Sprints: Clusters of sessions tied to tackle specific topics or challenges
- Expertise-Specific Sessions: Sessions are called when a mentee requires specialised input from their mentor
- Milestone-Based Mentoring: Sessions are planned around key points in the mentee's project development
- Hybrid Models: Mentors and mentees are presented with these options and supported in designing a schedule that suits their unique context.

Yet, at the beginning, the programme provides a structured framework to help you and your mentor establish shared expectations, goals, and routines. As the relationship develops, you are encouraged to shape your own mentoring rhythm based on what works best.

It means that, at the start, pairs will follow a centralised structure. This includes setting clear expectations, timelines, scheduled mentoring sessions, and defined goals. Our experience shows that such a structure is especially important in the early stages of the mentoring relationship, as it helps to build initial trust, understanding, and a shared rhythm between our mentors and mentees.

As the programme progresses and relationships solidify, the mentoring format will gradually transition to a mentor/mentee-driven model. In this phase, our BOOST pairs are encouraged to shape their own mentoring journey based on their specific needs, availability, and developmental goals.

## OVERSIGHT & QUALITY ASSURANCE

To ensure the effectiveness, consistency, and accountability of the mentoring relationships, the BOOST programme will implement a series of oversight mechanisms designed to support both mentors and mentees throughout the 6-month journey. To ensure a meaningful and well-supported mentoring experience, our programme includes several quality-assurance tools:

- Mentoring sessions where each mentoring pair will be encouraged to complete a reporting sheet after every session, it will document and summarise the topics discussed, the actions agreed upon, and any immediate outcomes or reflections emerging from the conversation. They serve as a tool for tracking progress over time, ensuring continuity between sessions and helping mentor and mentee visualise how the mentee's development plan is evolving.
- Reflection journals to help both mentees and mentors think critically about their experiences and learning
- Quarterly feedback surveys to gather feedback on satisfaction, relationship quality, and areas for improvement
- Optional check-ins with programme coordinators to provide additional guidance or troubleshoot issues early.

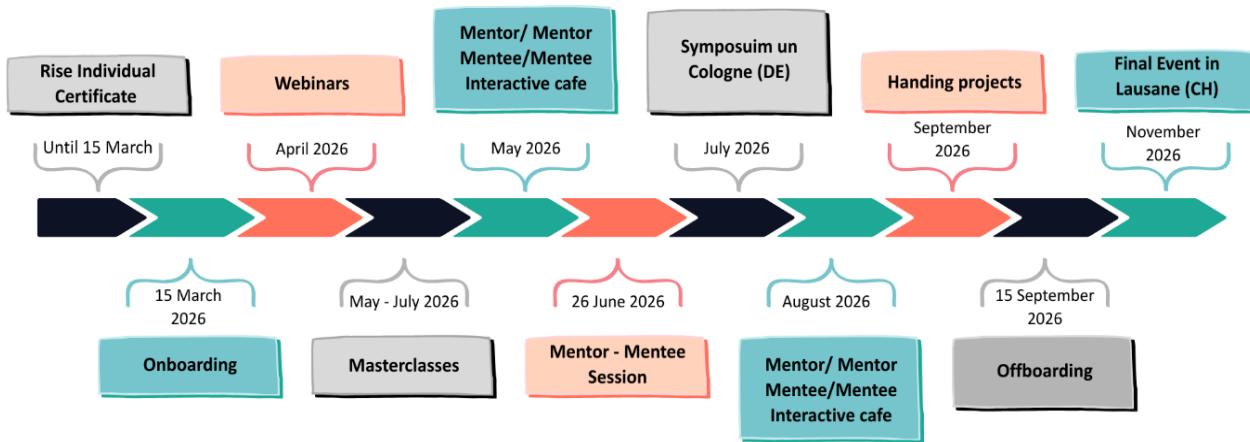
These tools are designed to support not to control the mentoring relationship, but to enhance its quality, transparency, and developmental impact, and to reinforce shared understanding throughout the mentoring cycle.

## 4. BOOST MENTORING PROGRAM TIMELINE

As already mentioned, the mentoring programme runs from **15 March to 15 September 2026**.

Within this period, as said, the duration and intensity of the mentoring relationship will be flexible. Each mentor-mentee pair can decide what level of engagement is most useful to them – whether that means meeting monthly throughout the full 6 months, or having a shorter, more concentrated series

of sessions over a few weeks or months. It means that the intensity of the mentoring relationship may vary depending on the needs of your project. This flexibility allows mentoring to adapt to the unique pace and needs of each project/pair. What matters most is that sessions are purposeful, timely, and contribute to your learning and project development. This is our indicative timeline:



## 5. MENTEE'S WORKLOAD AND EVENTS

As a BOOST Mentee, you will have a mandatory workload across the 6-month programme. This workload ensures that our mentees are fully prepared, supported, and engaged throughout their mentoring journey so that it is really impactful. The indicative workload includes:

### **Mandatory Activities**

- Participation in the Mentee Onboarding Event (online)
- Completion of introductory learning modules and materials
- Regular 1:1 online mentoring sessions (recommended: at least 6 meetings)
- Participation in two joint mentor–mentee sessions (online)
- Submission of mentoring session sheets
- Completion of app. two mini-projects (depending on their scope)
- Attendance at the programme's closing and offboarding activity (online)

### **Optional Activities**

Those optional but recommended activities offer valuable opportunities for networking, advanced learning, and community engagement

- Monthly webinars and masterclasses (online)
- Peer-to-peer (mentee–mentee) sessions (online)
- Boost Café Sessions as connectors (online)
- Making use of our additional learning materials
- Optional participation to Boost onsite events in Cologne (DE) and in Lausanne (CH)

## 6. LEARNING OPPORTUNITIES FOR MENTEES

In addition to the core one-on-one mentoring relationships, the BOOST Mentoring Programme places strong emphasis on group-based interaction as a vital element of the overall learning journey. These group engagements are designed to cultivate a sense of community, facilitate peer support, and amplify individual development through shared reflection and learning. It means that beyond the 1:1 mentoring sessions, our mentees will participate in group-based learning moments designed to help you:

- Build connections with peers and experts
- Learn from other projects and experiences
- Engage in collective reflection
- Strengthen your identity as part of an international community

These include:

- Joint mentor–mentee sessions: These sessions bring together all mentors and mentees in facilitated online workshops or discussions.
- Mentee–mentee meetings: These sessions bring together all mentees in open online workshops or discussions.
- Optional community events

They all focus on collective reflection, cross-generational learning, and collaboration around key themes in sport for social impact. These moments also reinforce the sense of belonging to a supportive and purpose-driven group.

### MONTHLY OPEN LEARNING SESSIONS

In addition to the structured group sessions, the programme will offer monthly online webinars and masterclasses that are open not only to BOOST mentors and mentees, but also to the wider [RISE Community Members](#) and the broader field of sport for social impact.

Each webinar/masterclass will provide a deep dive into a specific S4SI topic, combining expert input with interactive dialogue. Topics may include designing inclusive sport programmes, impact measurement tools, intersectional leadership, funding strategies, digital transformation, or safeguarding best practices. As a mentee, you are strongly encouraged to attend to broaden your knowledge and connect with experts.

### EDUCATIONAL MATERIALS

As part of the BOOST Mentoring Programme, a curated set of educational materials and resources will be developed and made available to both mentors and mentees. These materials are central to the programme's objective of equipping participants with the knowledge, tools, and frameworks

necessary for impactful mentoring and practical implementation of Sport for Social Impact initiatives. The educational materials serve multiple functions:

- Orientation and onboarding: To prepare both mentors and mentees for their roles, expectations, and the mentoring process.
- Capacity building: To support our mentees in strengthening their professional competencies and designing effective S4SI projects.
- Guidance and structure: To provide a common language, shared reference points, and structured tools that enhance the mentoring journey.
- Reflection and development: To foster self-assessment, critical reflection, and planning throughout the programme.

These resources will be integrated into the mentoring journey from the outset, including during the kick-off phase, and remain accessible throughout the programme. Also, these materials will help you strengthen both your project and your personal development journey.

## MEDIA CONSENT AND DATA PROTECTION

As part of the BOOST Mentoring Programme, participants may be invited to take part in activities that involve the collection of photos, screenshots during online sessions, testimonials, or short quotes for reporting, communication, or dissemination purposes.

A dedicated Media Consent Form will be provided at the start of the programme, allowing our mentees to indicate whether they agree to have their image, name, or contributions used in project-related materials. Providing consent is voluntary and will not affect participation in the programme.

All personal data collected throughout the mentoring cycle, including application information, mentoring session sheets, feedback surveys, and communication records, will be processed in accordance with GDPR regulations and stored securely by the BOOST consortium partners.

Any personal data will be used exclusively for programme implementation, monitoring, evaluation, and reporting to the European Union. Participants may request access, correction, or deletion of their data at any time by contacting the programme coordinators.

## DISCLAIMER

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## YOUR CONTACT PERSON

If you have any questions about the project, the mentorship programme, this Info Pack or anything else related to Boost, please contact the Mentee Contact Person of the BOOST Project:

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Are you ready to embark on this journey?

=> Visit our Website and Apply

**WWW.BOOST-SPORT.EU**

**CLICK HERE TO APPLY**

We are looking forward to welcoming you in our mentoring programme and to create a positive social impact in and through sport across Europe together!

*Version 15 January 2026*