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

MENTORS INFO PACK



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This document was produced by the BOOST consortium.

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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 entry-level professionals design, refine, develop, or strengthen a concrete project or initiative that uses sport as a tool for positive social change. Plus, it allows them to connect with other inspiring entry- to mid-level sport practitioners and with experienced sport professionals who act as their mentors.

Unlike general coaching or generic personal development programmes, BOOST focuses on practical, time-bound, project-oriented learning. It means that a mentee will join the programme with a specific idea, project or challenge or project that they wish to develop. Throughout the mentoring journey, our mentors will accompany them throughout this process, helping them clarify their goals, strengthen their skills, overcome barriers, and translate their 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 all participants' competencies, deepen their understanding of the S4SI sector, and expand their professional network. The BOOST experience is designed not only to support and accelerate certain projects or organisations, but also to contribute to all participants' long-term growth as sport leaders committed to social impact.

THE BENEFITS FOR YOU

Do you want to give back to our sports community and work with ambitious, proactive people from across Europe? And do you like to enrich your own profile and strengthen your skills by joining this programme as a Mentor?

As an experienced professional with a track record of successful social impact projects and initiatives in the sports field, you can step up your game and take on the role of a BOOST Mentor to support other professionals taking their first steps in this sector. By joining our programme as a mentor, you will have the opportunity to:

- Support a newcomer in the S4SI sector by sharing your experiences and guiding them towards the implementation of an impactful project or a social business idea in or through sports
- Expand your horizons by working closely with other sport professionals from different backgrounds and with various expertise
- Develop and enrich your own leadership and mentoring skills
- Become part of an international community, dedicated to a common cause
- Create impactful and long-lasting relationships through networking and connecting with like-minded people from all over Europe

PROGRAMME OBJECTIVES AND GOALS

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

Through your support as a mentor, our mentees will have the opportunity to reflect on their goals, clarify their strategic direction, and explore methodologies that can support the implementation of new sport for social impact initiatives.

Your role is to provide them with constructive feedback, identify opportunities for growth, and gradually build their confidence to take leadership within their organisation or community.

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

By the end of the mentoring and accelerator programme, our mentees are expected to demonstrate a deeper understanding of S4SI principles and practices, have clearer professional direction, enjoy progress on their projects, and hold increased readiness to contribute meaningfully to their local community.

And both mentees and mentors will 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 you as a Mentor with the requirements and needs of our mentees to compose a balanced, complementary and impactful group of changemakers.*

2. MENTOR SELECTION CRITERIA

Mentors will be selected based on the following criteria:

- Experience Level: Includes years in a relevant role and leadership experience within S4SI or subject related expertise (like human resources development, impact measurement, impact financing, project development, programme development, safeguarding, environmental sustainability, communications, media or public relations, local ecosystem facilitation, etc.)
- Skills and Knowledge: A combination of technical competence, communication ability, emotional intelligence, mentoring or coaching skills that is required for providing an impactful mentoring journey
- Availability: Willingness and capacity to commit time to the programme over the 6-month duration from 15 March to 15 September 2026 (with flexibility inside this framework)
- Motivation: Personal interest in mentoring and a desire to contribute to the development of others.

3. MENTOR – MENTEE RELATIONSHIP

MATCHING STRATEGIES

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

- Similar fields of work or thematic focus (e.g., sports, location, or social development goal)
- Alignment between your expertise and the mentee's project needs
- Personal compatibility, working styles and communication preferences
- Information provided in both applications (mentees and mentors)

The matchmaking is carried out by the BOOST programme coordinators and aims to create best pairings for both the mentors and mentees.

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.

It means that you, as a mentor, have flexibility to apply your own mentoring style and preferences.

Yet, at the beginning, the programme provides a structured framework to help you and your mentee 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, all 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:

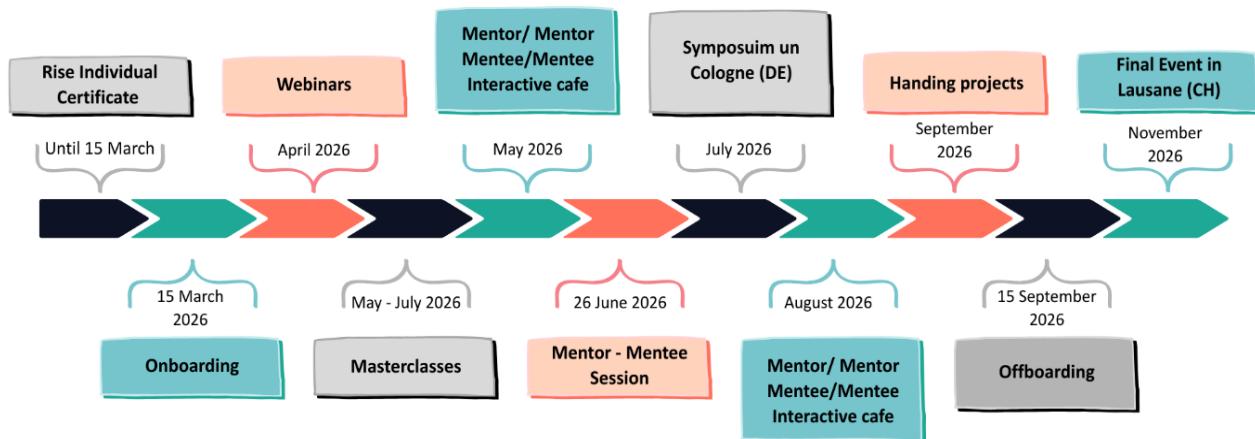
- Mentoring sessions where each mentoring pair will be encouraged to complete a reporting sheet after every session, it will document and summarise the topics discussed, the actions agreed upon, and any immediate outcomes or reflections emerging from the conversation. They serve as a tool for tracking 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. MENTOR'S WORKLOAD AND EVENTS

MANDATORY MENTOR ACTIVITIES (TOTAL: APP. 18 HOURS)

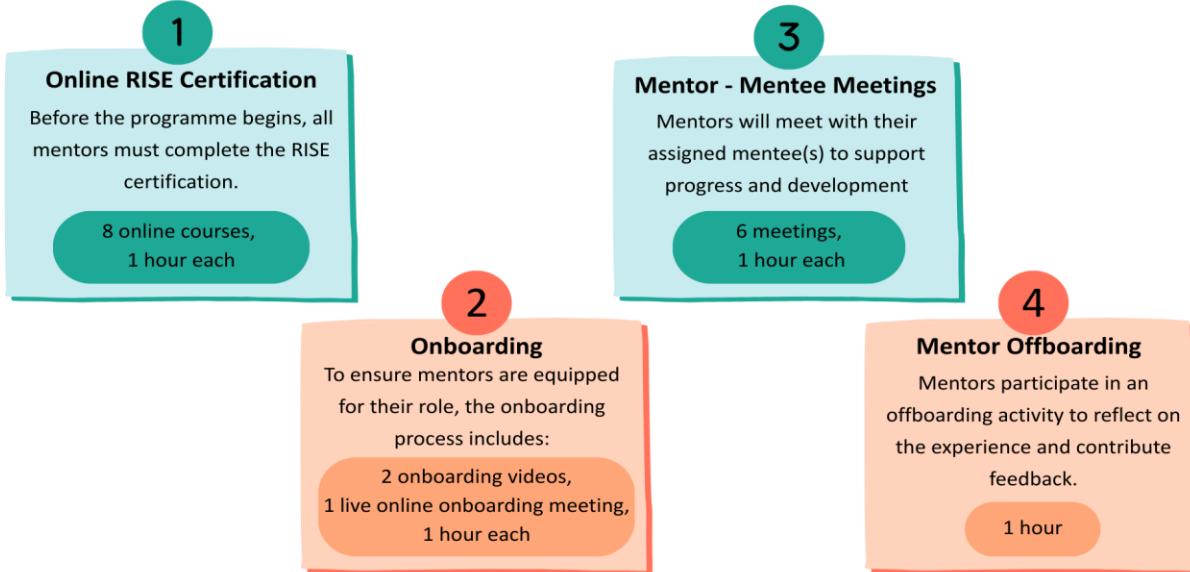
As a BOOST Mentor, you will have a mandatory workload of app. 18 hours across the 6-month programme, which is equivalent to approximately 2.5 working days. This workload ensures that our mentees are fully prepared, supported, and engaged throughout their mentoring journey so that it is really impactful.

- In the beginning of the programme, we ask all mentors to go through the RISE learning programme, which consists of eight online modules. It covers important development topics and allows to speak an aligned professional language between mentors and mentees.
- The further onboarding process prepares you as a mentor through two onboarding videos (app. one hour each) and one live online onboarding meeting (one hour), adding up to 3 hours.
- During the programme, our mentors are expected to meet regularly with their assigned mentee(s), participating in at least six one-hour meetings, totalling to app. 6 hours.

- Finally, at the end of the programme, our mentors take part in a one-hour offboarding activity to reflect on their experience and provide feedback.

This structured 18-hour workload supports you as a mentor in delivering high-quality guidance and contributing meaningfully to the overall programme and shall support your own professional development as well.

Mandatory Mentor Activities



OPTIONAL MENTOR ACTIVITIES

In addition, our mentors are encouraged, though not required, to take part in additional programme activities that offer valuable opportunities for networking, advanced learning, and community engagement.

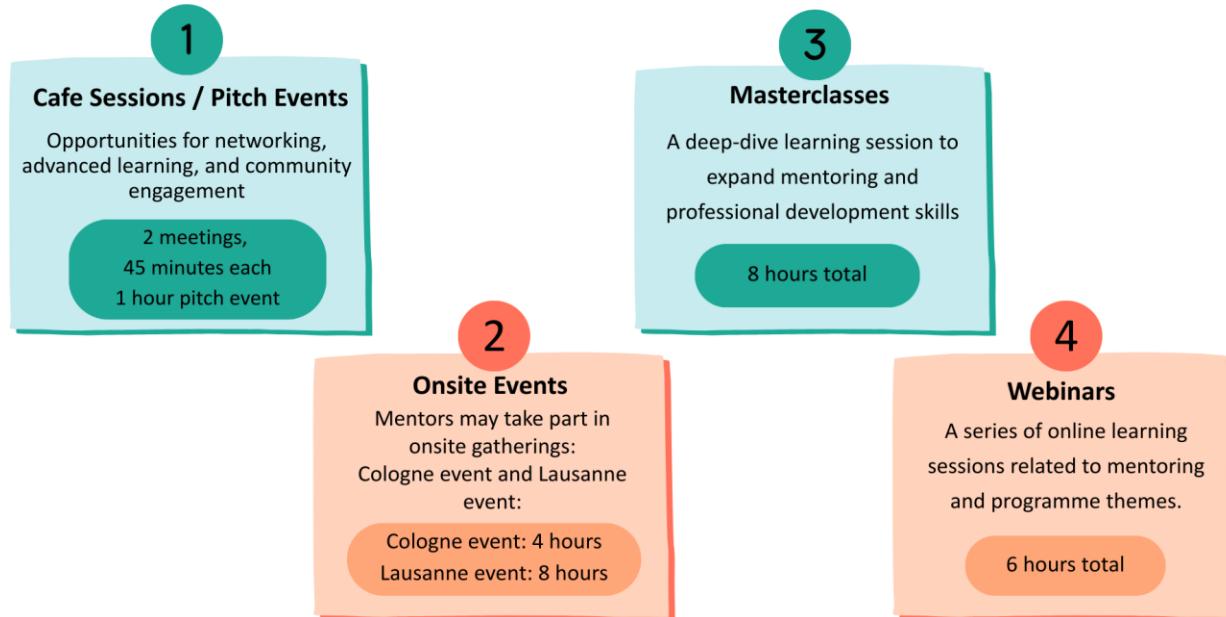
These optional activities include **two Boost Café Sessions**, each lasting 45 minutes, and a **one-hour Boost Pitch Event**. Mentors may also participate in **onsite events** of up to 12 hours in total, including a 4-hour gathering in Cologne (DE) and an 8-hour event in Lausanne (CH).

For those seeking deeper skill development, **optional masterclasses** are available, offering learning experience focused on mentoring and professional growth.

Additionally, our mentors may join **optional monthly webinars**, totalling app. 6 hours, which explore topics related to mentoring and programme themes.

These optional activities enhance the overall mentoring experience and support continuous personal and professional development.

Optional Mentor Activities



6. ADDITIONAL LEARNING OPPORTUNITIES FOR MENTORS AND 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.

While each mentor will guide their mentees through a personalised path, both will also become part of a broader, international learning community. This collective dimension helps counter isolation, especially for those working in smaller organisations or in emerging roles, and creates opportunities to connect across cultures, contexts, and career stages. Therefore, we include several structured group activities designed to enrich the participant's experience:

- **Two mentor-to-mentor gatherings:** These sessions are intended for mentors to reflect on their own experiences, exchange effective mentoring strategies, and identify shared patterns or learning needs emerging from their mentee relationships. They also serve to strengthen professional ties and build a more connected S4SI leadership network.
- **Two joint mentor-mentee sessions:** These sessions will bring together all mentors and mentees in facilitated workshops or discussions. They will 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.

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.

MEDIA CONSENT AND DATA PROTECTION

As part of the BOOST Mentoring Programme, all 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 Mentor Contact Person of the BOOST Project:

Kristin Valentinova – Mundus Project Coordinator
Email: youth@mundusbulgaria.com
Phone or WhatsApp: +359 877224878

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!