

BRITISH FENCING X TRUE ATHLETE PROJECT

MENTORING PROGRAMME 2023/2024

THE MENTORING JOURNEY

The 2023/2024 British Fencing Mentoring Programme, led by The True Athlete Project (TAP), paired emerging fencers from the Athlete Development Programme with senior international-level British fencers. These year-long mentoring relationships focused on the holistic development of those on the programme, whilst cultivating a compassion-led approach to sports performance. Through the mentoring year each pairing explored the following modules...



PERFORMANCE



IDENTITY & VALUES



MINDFULNESS



NATURE & CONNECTEDNESS



COMMUNITY RESPONSIBILITY

DEMOGRAPHIC DATA

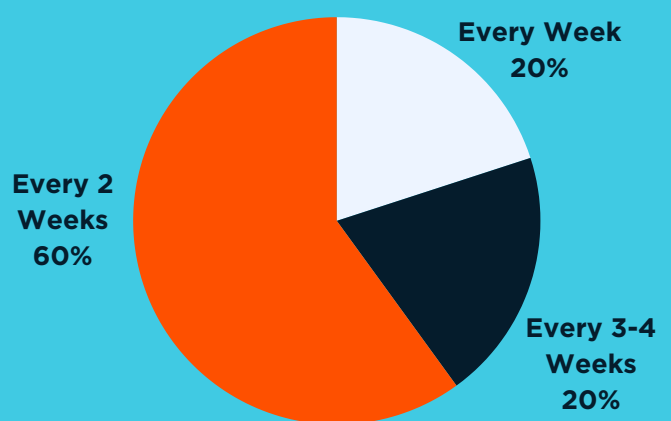
WE MATCHED...



50% MALE & 50% FEMALE PARTICIPATION

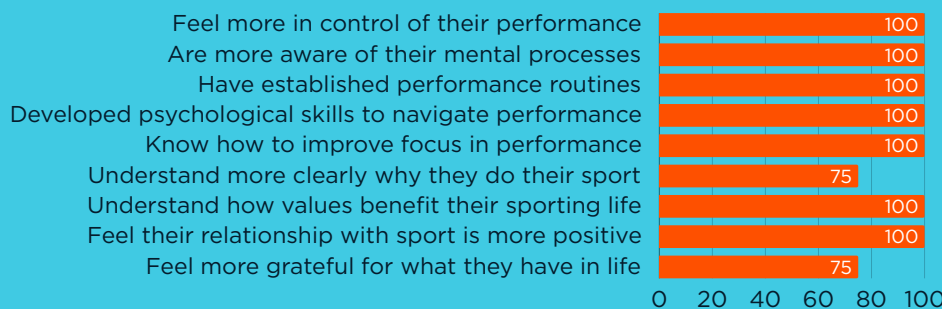


FREQUENCY OF MENTORING SESSIONS



MENTEE OUTCOMES

Compared with before the mentoring programme, mentees...



Felt well supported by their mentor & TAP

MENTOR OUTCOMES

After completing the mentoring year, mentors...



100%

Felt more mindful and self-aware



100%

Agreed that the programme improved their mentoring skills



60%

Reported that the mentoring year helped them to perform better (40% neutral)



100%

Agreed that the programme increased their awareness of being an athlete "role model"

“ TAP has been a fantastic experience over the past year, giving back to a sport which has given me so much. It has been an honour to pass my learnings on to the next generation, and it has been great to see them materialise not only on the piste, but off it too. I have also been able to learn a lot about myself, thanks to the programme, which I intend to take into the future. ”

MENTOR TESTIMONIAL

“ TAP has helped me in more ways than I can imagine...This was not a mentor-mentee relationship, but rather a big brother relationship. My mentor has gone above and beyond, listening to everything I have to say, from fencing to my daily life. ”

MENTEE TESTIMONIAL

“ I had a great experience as a TAP mentor this past year. I'm really proud of the relationship my mentee and I built, and how much we both grew over the course of the programme. ”

MENTOR TESTIMONIAL

“ I have felt really supported by my kind and insightful mentor and the TAP community, who gave me perspective and taught me self-compassion. This helped me stay strong whilst I was recovering from sport related injuries and inspired me to help others in similar situations. I am so grateful to the True Athlete Project and British Fencing for giving me this unique opportunity! ”

MENTEE TESTIMONIAL

DISCOVER MORE ABOUT THE PROGRAMME'S IMPACT IN THE MORE THAN MEDALS: THE MEANING OF MENTORSHIP SERIES ON BRITISH FENCING'S SOCIAL MEDIA

WITH THANKS TO BRITISH FENCING FOR SUPPORTING THE PROGRAMME