



## Women In Sport MentHership Programme 2024

Are you interested in leadership?

Would you like to take the next steps on your coaching pathway?

In celebration of International Women's Day, Weightlifting Ireland are delighted to launch the "*Women in Sport MentHership Programme*".

This programme aims to provide supported opportunities for Women and will provide an introduction to:

- Leadership
- International Coaching

The selected candidate will initially work with the Women in Sport (WIS) Officer on planning, organising and coaching Team Ireland at the 19th International Women's Grand Prix (*Vienna, Austria 22<sup>nd</sup> - 25<sup>th</sup> August, 2024*)\*.

Weightlifting Ireland are seeking expressions of interest from female coaches who are interested in a mentoring programme to support the National Federation. The role will include job shadowing and mentoring to provide you with the skills to develop:

- Organisational skills to plan and carry out a team entry for an international event.
- Coaching skills - large team of athletes/various ability levels.
- Social connections nationwide and internationally.
- Connections within the Women in Sport Community (other sports, LSPs).

### **Requirements:**

- Weightlifting Ireland membership 2024
- Licensed level 1 coach
- Experience of competition coaching
- Valid passport to travel
- Ability to demonstrate organisational skills

### **Expectations:**

This will be a volunteer role, however all costs associated with travel and attendance at the event will be funded under the WIS budget. Traditionally, the Irish Team at the Women's Grand Prix is one of the largest attendance and therefore, the expectation is that the Mentee will attend solely as a member of the coaching team.

We look forward to developing the next generation of strong females in our sport, building each other up and empowering you for the future!

### **Are you interested?**

Email your expression of interest by Friday, 29<sup>th</sup> March 2024 to :  
[ [wis@weightliftingireland.com](mailto:wis@weightliftingireland.com) ]

Please outline your experience and what you can bring to the role. Do not hesitate to get in touch if you have any questions or queries.

*\*[Additional opportunities will be funding dependent].*