



Mentor Coach Motivation Form

The Decision to Mentor

What motivates you to become a mentor coach (please check all that apply)?

Coaching skill development

- Opportunity to share your expertise
- Recognition of perceived need for mentoring
- Opportunity to acquire a fresh perspective
- Opportunity to network with other coaches
- Rewarding activity that contributes to the development of Hockey Edmonton
- Other: _____

Personal growth

- Interest in enhancing social relations with other coaches
- Benefitted from mentoring in the past
- Desire to identify and develop new coaching talent
- Interest in developing own coaching and leadership skills
- Other: _____

Please elaborate on your reasons for wanting to become a mentor:

What would you like to achieve as a mentor?

What expectations do you have coming into the mentorship relationship?

What will make you feel this experience was worthwhile for you as a mentor?

Mentor Coach Motivation Scale

Why are you interested in being a mentor coach?

Circle the most accurate answer on the 7-point scale for each statement: 1 = not at all true, 4 = somewhat true, 7 = very true

1. Because people around me praise me for being a mentor	1	2	3	4	5	6	7
2. Because it gives me pleasure to teach and guide other coaches	1	2	3	4	5	6	7
3. Because I would feel badly about myself if I didn't participate in mentorship	1	2	3	4	5	6	7
4. Because being a mentor reflects the essence of who I am	1	2	3	4	5	6	7
5. Because through the experience of mentorship, I am living in line with my deepest principles	1	2	3	4	5	6	7
6. Because I think others would disapprove of me if I didn't	1	2	3	4	5	6	7
7. Because it is very interesting to help other coaches improve	1	2	3	4	5	6	7
8. I don't know anymore; I have the impression that I am incapable of succeeding as a mentor	1	2	3	4	5	6	7
9. Because I have chosen to be a mentor as a way to develop myself	1	2	3	4	5	6	7
10. It is not clear to me anymore; I don't really think my place is in mentorship	1	2	3	4	5	6	7
11. Because it is one of the best ways to develop other aspects of myself	1	2	3	4	5	6	7
12. Because I feel better about myself when I engage in mentorship	1	2	3	4	5	6	7
13. Because I find it enjoyable to help others discover new coaching strategies for athletes	1	2	3	4	5	6	7
14. Because I would not feel worthy if I did not	1	2	3	4	5	6	7
15. Because being a mentor is an integral part of my life	1	2	3	4	5	6	7
16. Because people I care about would be upset with me if I didn't	1	2	3	4	5	6	7
17. Because I find it is a good way to develop aspects of myself that I value	1	2	3	4	5	6	7
18. I used to have good reasons for engaging in mentorship, but now I am asking myself if I should continue	1	2	3	4	5	6	7

Scoring Key:

Sum the score out of 7 from each question to get a sum for each category of motivation and then multiply by the provided number:

Intrinsic Motivation:	$(\#2 + \#7 + \#13) \times (3) =$	_____
Integrated Regulation:	$(\#4 + \#5 + \#15) \times (2) =$	_____
Identified Regulation:	$(\#11 + \#9 + \#17) \times (1) =$	_____
Introjected Regulation:	$(\#3 + \#12 + \#14) \times (-1) =$	_____
External Regulation:	$(\#16 + \#1 + \#6) \times (-2) =$	_____
Amotivation Regulation:	$(\#18 + \#10 + \#8) \times (-3) =$	_____

Sum the scores you have calculated for each motivation category to get a Relative Autonomy Index (RAI) Score. The highest possible RAI Score is 108. Your RAI score indicates the degree of personal control and intrinsic motivation you have associated with your participation in the mentorship. The higher the score the better!

- I am interested in contributing to the growth and development of Hockey Edmonton coaches
- I am willing to commit time and energy to fostering a productive relationship with my mentees
- I am willing to commit time and energy to listen to the goals of another coach and provide constructive feedback in alignment with the goals identified

Appendix 9.3

- I am willing and able to communicate regularly with my mentees
- I am open and committed to critically assessing and developing my skills as a coach so I can become aware of how to help others develop their skills