

PLATT·FORM

Performance AND *Athletics*

The 3 E's of Effective Mentorship

**How the Platt-Form mentoring process works...*

- 1) **Engage:** *We expect* each student-athlete to truly engage (*communicate*) with us, so that we can get a sense of where they are and what they're dealing with. This can only happen if they are open-minded and trust that we are here to help them grow.
- 2) **Embrace:** *We expect* each student-athlete to embrace the process of personal development in each of our 3 core principles. We understand that personal development and/or growth are terms they may not be familiar with yet. That's why it is our job to educate them on it and to express the importance of it. Understanding personal development at a young (*developmental*) age is vital.
- 3) **Encompass:** Lastly, *we expect* each student-athlete to truly encompass the lessons they learn, and to turn their newfound, relevant knowledge into mindful actions. It is our job as mentors to bridge the gap between merely knowing and actually doing.

"Knowledge is not power. It is potential power. It is only powerful once you take action with that knowledge."