



# Active Insight: Evidence in Action

## Tip #1163



## Designing Leadership Mentoring Systems

### Overview

Collaborative mentoring opportunities strengthen participation, confidence, wellbeing, and belonging through supportive movement experiences encouraging meaningful engagement and leadership development. Inclusive mentoring environments support communication, teamwork, and positive decision-making while strengthening participation pathways and social connection. Students benefit from supportive mentoring opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Collaborative mentoring experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Offer leadership mentoring opportunities supporting confidence, teamwork, and positive decision-making during activities. Introduce supportive leadership approaches, rotational mentoring strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

### Practical Application

- Offer leadership mentoring opportunities.
- Introduce supportive leadership approaches.
- Use rotational mentoring strategies.
- Facilitate mentoring participation regularly.
- Monitor mentoring engagement consistently.

### Next Steps

Access Respectful Relationships resources supporting mentoring and inclusive participation opportunities.

*Respectful Relationships approach is informed by the Resilience, Rights and Respectful Relationships teaching and learning materials (Department of Education and Training Victoria, 2018), social and emotional learning frameworks (CASEL, 2020), and contemporary research in gender equality, consent, and respectful relationship education.*

