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**GLATA Mentorship Program**

**Welcome to the GLATA Mentorship Program.**

**Background of the program:** The GLATA Mentorship Program has been designed to connect athletic training students, young professionals, and experienced professionals. The GLATA Mentorship Program Chair paired members based on specific professional goals and had members establish communication via email. This program began in 2011 and was the first project GLATA YPC established. The re-structure of this program is designed to continue focus on members and building connections with other athletic trainers throughout the district.

**Re-launch of the program:** The new GLATA Mentorship Program will be constructed with GLATA Mentorship Development Workgroup governing the mentorship programs in each state in which each state will run their own individual program. The GLATA Mentorship Development Workgroup will provide monthly educational programming and activities to the individual states’ mentorship curriculum.

This program is designed for a formal mentorship relationship or informal mentorship relationship.

Questions or comments about the program? Please contact Mackenzie Clark at [Mackenzie.Clark@parkview.com](mailto:Mackenzie.Clark@parkview.com).

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**December’s Activity: Get to know your Mentor or Mentee.**

This month’s activity is getting to know your mentor or mentee. Whether you have been in a mentorship relationship for years or you a new to your mentorship relationship, discuss these questions to learn more about your mentor or mentee.

1. Why did you get into the Athletic Training Profession? or Why did you stay in the Athletic Training Profession?
2. What helps you keep a work/life balance?
3. Are there any quotes, rituals or people you follow (social media) that keep you going in the profession?
4. Favorite person to follow on twitter. (Regarding sports medicine)
5. If you were a type of tape, what tape would you be?  (Coach, Elastikon, Lightplast, etc.)
6. What one word describes you?  Why?
7. As a mentor/mentee, what support do you need from the other?
8. What are you 5 year professional goals?
9. What are 3 items on your bucket list?

10.) What do you hope to get out of this mentorship relationship?