



October 2020

Mentoring Journey – Brooke Stratton

2020 has proved to be a year of many challenges and one of these challenges has been the unique situation we have been placed in as mentors. My mentee Kirra has been nothing short of amazing and super understanding throughout what has been a very different and uncertain year. We have had several virtual mentoring sessions via zoom and we were fortunate enough to have embraced a face to face catch up between lockdowns when restrictions were eased back in May.

I have learned so much about Kirra as a person and as an athlete and I have truly been inspired by her resilience and some of the challenges she has overcome throughout her life this far. Kirra has a clear focus of what she wants to achieve in her sporting career and I feel delighted to be able to play a small role in passing on any advice that will be of assistance to her as well as being able to share my own personal experiences. Kirra has been willing to learn as much as she can during our mentoring sessions and I value her being able to be open and honest with me. Kirra's willingness to learn and her eagerness to better herself shows her strong desire towards reaching her athletic potential. As a mentor, these traits make my role all the more satisfying and rewarding.

Kirra has been a pleasure to work with this year and although we haven't been able to meet up in person for all our mentoring sessions as we would have in a non Covid situation, I feel our friendship and individual selves have really grown throughout this period.