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The Importance of Mentoring

As Lead of Education for CABMA's Mentor Me program, I've spent time reflecting on my path in athletics in order to share authentically with this year's participants. An integral part of any journey is relationships and, if you're lucky, good mentoring. Much like giveaway tees, one size does not fit all.

Think about your professional inner circle – or personal Board of Directors, if you will. Are your wins cheered on? Do you have teammates to back you up when the game is tied? Is there someone to help you change course when the score isn't in your favor? Or are you often left feeling criticized? Knowing the type of professionals around you and being intentional with who you seek out for advice is key. The right mentors can give you a competitive advantage and when you are "on the road," help you block out the noise.

Coach Mentors

Coaches, as mentors, are people who provide

perspective and sound advice as they have often been where you want to go and through the struggles you may face in the future. They aim to deliver a balanced viewpoint rooted in experience and expertise while guiding you to make your own informed decisions.

Cheerleader Mentors

Mentors of the spirit variety root you on and always have positive words to pep you up. These people are endlessly optimistic about your future and seek to boost your confidence on tough days.

Challenger Mentors

Like an opponent, challenger mentors fiercely hold you accountable, however, they do it for your benefit, not to defeat you. These supporters will speak frankly, counter your viewpoint and push you past your comfort zone by demanding more of you for your own growth.

Champion Mentors

A champion mentor will support your goals and actively help you achieve them. This person will afford you opportunities, assist you through challenges and speak well about you in rooms you don't even know exist yet. They are willing to be a dynamic part of your success.

Anti-Mentors

While mentoring is primarily thought of positively, some colleagues will teach you lessons of the

contrary. Anti-mentors can provide valuable insight on who you don't want to be as a leader or what decisions may lead to experiences you hope to avoid. Even when values or leadership styles don't align, you can still learn as much from the ineffective tactics of others as you can from those who positively influence others successfully.

For CABMA members, the Mentor Me program is an amazing chance to connect with and learn from great athletics business administrators. Our team has worked hard to offer an exceptional experience by way of thoughtful pairings, educational resources and social events. If you are interested in being a mentor or protégé, please visit the CABMA website to apply for the 2021-22 class or contact us at cabmamentorme@gmail.com. Applications are due Friday, December 18, 2020.

May your relationships be strong and your potential ever growing.

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