

BECOME A MENTOR



MENTOR

**A wise and trusted counselor or teacher;
An influential senior sponsor or supporter;
The main person relied upon by a less experienced person to give advice and guidance over a period of time for the informal transmission of knowledge, especially in a certain field or career;
To act as a mentor**



Instructors who earn ESA STAR CERTIFICATION have the opportunity to become a mentor and advance their career while earning continuing education units. A mentor is the main person relied upon by a less experienced person to give advice and guidance. Some mentors volunteer their time to help a candidate learn the information to become certified while others create a source of additional income by tutoring. It is a way to share your experience and move your career to the next level, and is the perfect way to help your students, clients, or friends who would like to become certified.

Mentoring is also enjoyable and rewarding. It is a way to earn additional income without the hassle of running a training business. Mentors set their own schedule and prices, and establish the terms of a working relationship with one person or a small group. They follow the ESA course behavioral objectives and curriculum established in the particular ESA training manuals. Some volunteer their services; however, most charge fees (like a tutor) for helping with lessons. The final goal is for your protégé to become a knowledgeable leader and successfully complete the ESA certification examination.

ESA sets the standards and objectives for certification and training programs, and STAR publishes the materials. A mentor leads protégés through those objectives as requested or needed by them. ESA and STAR remain independent of the mentor's business and do not endorse it. Although mentoring is not an official program under ESA, it is a way for professionals to advance their career, independently but with ESA's support. An ESA advisor is always available to answer questions. Mentors order the home study packages called UNITS from STAR at a discounted rate, and the materials are sent directly to the protégé(s).

A final perk.....Since teaching is also learning, a mentor earns .2 CECs for each protégé who successfully completes the certification examination, and receives a CEC validation form to include in their LIFETIME certification folder.

“WHEN ONE TEACHES, TWO LEARN”Robert Heinlein



HOW IT WORKS

MENTORS:

- must be **ESA STAR CERTIFIED**, including the **SAFE Group Exercise Leader (primary)**, and be **ESA certified** in the exercise discipline that they want to mentor. The **LIFETIME CECs** and **CPR** must be current.
- complete an annual simple free registration form, which is requested by calling 407-951-6222, which must be approved by both STAR and ESA.
- once registered, can order units at a discounted rate.
- order by calling 407-951-6222, provide the name(s) and address(es) of the protégé(s) and provide payment.
- have the option to pass the discounted price on to the protégé; however, most mentors mark the price up to include their tutoring fees.
- receive a receipt from ESA for the unit(s) payment, but must provide their own receipt to the protégé for the fee paid for materials and services charged by them.



Units are mailed from ESA directly to protégé(s); who complete and return the certification examination to ESA.



THREE SIMPLE RULES

- Mentors conduct themselves professionally and ethically.
- They **DO NOT** misrepresent themselves as being endorsed by ESA or being an ESA trainer. They are independent.
- **MOST IMPORTANTLY.....mentors MUST** remain independent of the certification examinations, and **CANNOT** follow-up with ESA on their protégé's behalf.