



## Problem Statement

Mentorship, a concept widely used in sports coaching (Jones, Harris and Miles, 2009a), is crucial for relationship building and has been studied extensively in nursing and education. However, more research is needed to bridge the gap in the sports coaching domain.

## General Research Approach

- This study explores the dynamics of mentorship in sports coaching through a qualitative lens, focusing on diverse perspectives from coaches and other stakeholders. The researcher uses Grounded Theory (GT) to construct a theory based on the data, aiming to understand the complex views emerging from participant interactions and the diverse experiences and viewpoints, hence a reality that needs to be discovered (Birks and Mills 2015) that shape the relationship between mentors and mentees.

## Research Project Overview

This study unveils the outcomes of four interviews, categorising these findings into three pivotal areas. These insights provide perspectives on the current mentoring landscape within the sports coaching domain in Malta. The research approach follows a paradigm wherein the researcher delves into contextual and circumstantial aspects, shedding light on how participants perceive and respond to these factors. This exploration captures the essence of action and interaction in the mentoring dynamic in the sports coaching domain.

## Research Objective/s

- The objective is to explore Malta's sports coaching landscape, aiming to improve coaching by learning from other sectors and offering mentoring to improve the Maltese sports coaching domain.

## Research Methodology

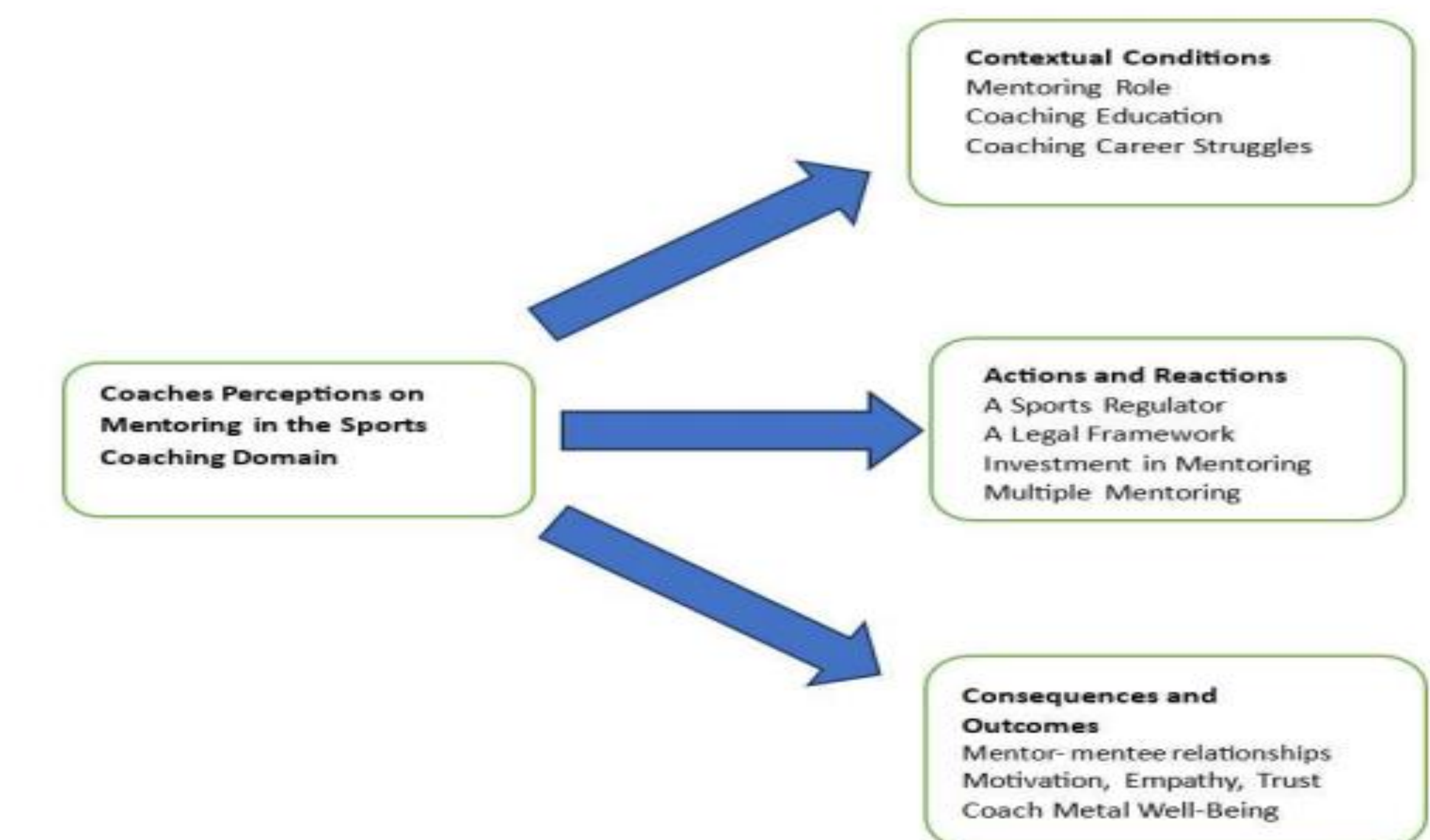
The research study aims to investigate the role of mentoring in sports coaching in Malta, using grounded theory to examine sports coaches' structures, perceptions, and behaviours (Creswell and Creswell, 2018). The study aims to understand the benefits of mentoring in improving the local sports coaching scenario, as it enhances coaches' knowledge and expertise. The study will use a constructive grounded theory approach to collect data and co-create knowledge with four local sports coaches from different disciplines.

## Research Propositions or Key Findings

Findings have been categorised into three key areas, offering an insightful perspective on the existing mentoring landscape within the sports coaching domain in Malta.

- Defining the Mentoring role in the sports coaching scenario
- Sports Regularisation in Malta
- Relationships

## Key Figures & Visuals



	Categories	Sub-Categories
Contextual Condition	Mentoring Role	Guidance
		Empowerment
Actions and Reactions	A Sports Regulator	Coaching Education
		Coaching Struggles
		Legal Framework
		Investment in Mentoring
Consequences and Outcomes	Relationships	Multiple Mentors
		Digital Mentoring
		Motivation
		Empathy
		Trust
		Mental Well-Being

Table 1: Categorisation Chart

## Key References

Birks, M. and Mills, J., 2015. Grounded-Theory-Practical-Guide-Melanie-Birks (1)

Creswell, J.W. and Creswell, D.J., 2018. Research design: Qualitative, quantitative, and mixed methods approach.

Jones, R.L., Harris, R. and Miles, A., 2009a. Mentoring in sports coaching: a review of the literature. *Physical Education & Sport Pedagogy*, 14(3), pp.267–284. <https://doi.org/10.1080/17408980801976569>