

# The Value of Mentorship at Performance Plus Sport

By Tash Trent The Artist

*More than a chat. More than guidance. More than an echo of Encouragement. For some, mentoring is a life line, especially when New mindsets are formed, as there is a thin line between Triumph and defeat in the survival of the fittest. Feeling a sense Of belonging and value is also important, which is why PPS's ability to Reach young sportspeople through mentoring and coaching Is so great, making them more than a funding body. Satisfying the Need for expression in a safe and structured environment is one of the Gifts from PPS – as elevating young sportspeople through opportunity is key.*

*A quote by Benjamin Franklin ~ "Tell me and I forget,  
Teach me and I may remember, involve me and I learn."*

*Preparing young sportspeople with knowledge, confidence and Experience is a sure way to harness the genius within them. Resilience, determination and self belief are great qualities to Feed a hungry mind. PPS's mentoring programme successfully Offers this, alongside a sports strategy. PPS's mentoring provides Reassurance for those without a support network, which aids positive Mental health—an invaluable benefit. Like a sports routine, health And well being is easy to neglect, yet hard to repair. At PPS, when New mindsets are formed through mentorship, the results go beyond the Challenges of sport. PPS gives young sportspeople life skills, so they can Execute a high standard in all areas of their lives and develop partnerships.*

*Pathways in sports are better navigated, with a goal and a Life purpose (in mind) and even better with a mentor – to help Unveil opportunities and enhance success. Ultimately, PPS creates a positive Social impact in the community – an art of 'seen', 'unseen' and 'yet to see'.*

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