

## DESIGNING FELLOWSHIPS

# *Mentoring Future Leaders in Sports Nutrition*

**PURPOSE:** Fellowships should be designed to build future leaders, foster autonomy, promote advanced clinical reasoning, and create space for self-reflection.

There should be a deep focus on professional development, and completion of a specialized project such as case study, policy, teaching opportunity, or other area of importance.

Fellowships are typically 1 year positions. Applicants are RD's (or very soon to be), have experience interning in sports nutrition, and are working toward their CSSD.

01

### **PREPARE YOURSELF**

Extreme mentorship ahead!  
Building a future leader in our profession comes with added responsibility!

02

### **YOU'RE THE VISIONARY**

Be intentional and thorough well before your fellow arrives. You design the vision, objectives, curriculum, meeting schedules and evaluation tools for this program.

03

### **KNOW YOURSELF**

Reflect upon your knowledge, strengths, and areas requiring growth. Which topics can you confidently teach and mentor?  
When would it be best to outsource part of your curriculum?

04

### **EVALUATE YOURSELF**

Have another person sit in on your mentoring session and evaluate you as a mentor:

- Was your feedback clear and productive?
- Did you praise them for what went well?
- Did you teach them something?

## FELLOWSHIP PRO TIPS:

- Consider using tools like the DISC or Strengths Finder to jump start the process of getting to know your fellow in order to create a brave mentorship space.
- Regularly assess your fellow's projects and experiences to ensure they're meeting the objectives of your program.
- Consider using a skillset inventory (based on the Academy's SOP/SOPP 's for RDN's in Sports Nutrition) pre-, mid, and post fellowship in addition to a more formalized evaluation tool.

