



23rd February 2026

Subject: AETF Women's Committee Mentorship Programme

Open call for mentors

As part of activities marking the International day of Women's Rights, and the theme of #GiveToGain The AETF Women's committee is launching its first mentorship program in 2026. And we are looking for mentors to take part.

A mentoring program will encourage people to connect with others on a personal level, that would otherwise be limited by geography. This helps build strong, trusting relationships within AETF that motivate and guide toward our future goals. The benefits of mentoring extend to mentors, mentees and AETF include:

- helping practitioners stay in the art longer and grade to higher levels
- increasing diversity, equity and inclusion in our leadership
- Furthering the professional skills needed for the administration of AETF and related National Associations in the future.

How can you participate?

Are you a 4th degree or above practitioner of ITF Taekwon-Do?

Do you want to share your professional expertise, help shape careers, and contribute to greater equality and visibility in the AETF?

We are searching for experienced practitioners of Taekwon-Do (4th degree and above) who have particular skills and experience such as (but not limited to); coaching, head instructor of your club, competition at an international level, or administration such as serving on boards at national level or above.

Mentors must be willing to donate some of their time to listen and give advice to their mentees, provide feedback, share networking opportunities and inspire the next generation of ITF leaders.

People of all genders are encouraged to apply as mentors

To apply: Please send the following to chairperson of the AETF Women's Committee, Ms Cassandra White at c.white@itfeurope.org by 31st March

1. A letter of endorsement from your National Association



2. A brief resume that includes the following:
 - Name
 - Rank
 - Languages spoken
 - Positions held (e.g. treasurer of NA, national coach, AETF committee member, head instructor):
 - Area of interest for mentorship. For example, administration and leadership, Coaching, Competition, Umpiring or another.
 - How many people you feel you could take on as a mentor.

Deadline: 31st March

Why do it?

The benefits of a mentor program are that it fosters greater connection between practitioners of Taekwon-Do. It drives skill growth and encourages knowledge transfer. It also helps integrate new and emerging leaders in ITF Taekwon-Do into the organisation.

What happens next?

Once we have received the applications to be a mentor by the deadline we will review and announce the mentors shortly after and call for mentees.

There will be an online information session for mentors and mentees so that everyone understands their roles and responsibilities and are clear on expectations. Mentees will be paired with mentors depending on availability and suitability.

The mentorship program will consist of six hours of face-to-face (via videoconference when appropriate) meetings between the mentor and the participant over a twelve-month period. Both parties can decide how they split up the time (6x 1 hour sessions, 2x 3 hour sessions etc.).

For more information contact: c.white@itfeurope.org

Ms Cassandra White

Chairperson, AETF Women's Committee