

# Leadership



## 3 Key Takeaways



## The Basics

### What is leadership?

Leadership is the act of organizing and energizing a group of people in order to achieve a common goal. A couple of points about what it takes to be a good leader:

- Just because somebody is an effective leader doesn't necessarily mean they are a good one. Case in point: dictators.
- There is an ongoing debate as to whether good leaders are born or made. According to research, leadership is approximately one-third genetic and two-thirds learned. In other words, you can learn to be a good leader even if it doesn't come naturally to you.

Although many qualities form an effective leader, there is always one common theme: their choices, behavior, and perspective make everybody around them better.



Former Team USA volleyball player, Candace Vering, learned the importance of leading by example with confidence, courage, and compassion firsthand. As a freshman in high school, she was put onto the varsity volleyball team and became one of the starting players. While on the varsity team, she got the opportunity to watch the best leaders on the team hold themselves accountable for their work ethic and discipline, showing her how to respond when she got anxious or nervous before a game. She learned to channel their leadership and let her instincts take over on the court.

Candace discovered that great leaders not only hold themselves highly accountable but are also encouraging and let others shine in order to achieve a common goal. Following the guidance of the leaders around her, Candace developed a goal of becoming a great teammate, leader, and athlete. She knew her decisions could affect others around her, so she worked hard to make sure she was focused on solutions instead of problems, win or lose. By staying humble and bringing a positive energy to the court, Candace was able to fulfill her goal of becoming a great leader, even as a freshman.

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### AMBASSADOR STORY QUESTIONS

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- 1. What was the main point you took away from the ambassadors story?*
- 2. Do you agree or disagree that leader's actions speak louder than words?*
- 3. What are some characteristics of a good leader?*
- 4. Are there different styles of leadership? Explain.*
- 5. How can you practice being a leader on your team?*