

# Leadership



## Positive + Effective Leadership

*If you have time, work on this handout together. If you need to, send it home and have your athletes bring it back so you can have a group discussion about it.*

### Instructions

*Have your athletes think about characteristics of positive and effective leaders, then have them write these traits outside the blue circle on their page. Some of these we have discussed in this lesson, and others they may be able to think up on their own. Then, have them write the leadership qualities they identify with most inside the blue circle.*

*Do the same for yourself on this page, then go over the follow-up questions below with your group.*

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#### **Follow-up questions:**

1. *What did you learn about yourself from this activity?*
2. *What traits do you want to work on in order to become a positive and effective leader?*



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## Positive + Effective Leadership

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Think about all the characteristics that positive and effective leaders have. We've discussed some in this lesson, and others you may already know. Write all the traits you can think of outside the blue circle. Next, consider yourself as a potential leader and write all the qualities that you can think of that describe you inside the blue circle.



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