**Understanding Leadership**

Who are you as a leader?! What contribution do you want to make to the movement, your community, or workplace?!

**In this module, you will:**

1. Describe great leaders you know
2. Explore skills and behaviors of great leaders
3. Reflect on your value as a leader and your impact
4. Identify your strengths and opportunities for growth

| **Topic** | **Description** |
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| **Lesson 1: Leadership Basics*** Definition of Leadership
* Everyday Leaders Activity
 | Learn the definition of leadership used in the Special Olympics Leadership Academy and think about great leaders you know personally and discuss their behaviors.  |
| **Lesson 2: Behaviors of Great Leaders*** The Leadership Challenge
* Putting behaviors into practice
 | Learn 5 behaviors of great leaders as outlined in Kouzes and Posner’s “The Leadership Challenge” work. |
| **Lesson 3: Leadership Skills*** 6 Basic Leadership Skills
	+ Practice the skills
* Reflecting and assessing your Skills
 | Leadership development includes six important skills: communication, adaptability, decision making, goal orientation, relationship building and continuous improvement. |
| **Lesson 4: Leadership Journey*** What is Your Leadership Journey?
* Leadership Action Plan
 | Reflect on your journey as a leader what have you already done and where do you want to go? Develop an action plan to help you get there. |

**Delivery methods:**

1. The **in-person module** recommends 4 hours is needed to deliver the training.
2. The **independent activities** are designed for athletes to do on their own or with support. They can also be utilized as part of a series facilitated by the Program.
3. An **e-learning course** on SO Learn is anticipated to be available August 2020.

**Resources:**

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| * Facilitator Guide for In-Person Workshop
* Participant Workbook
	+ A-4 English
	+ Letter English
* PowerPoint slides
 | * Independent activities
	+ Definition of Leadership
	+ Behaviors of Great Leaders
	+ Communication
	+ Leadership Journey
* Discussion Guide for Independent Activities
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