**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 |