



# Young Leaders Program



## Personal Leadership

TEACHER'S  
MANUAL



# Session 1: Introduction

## Background Notes

As a starting point for helping young people develop the building blocks of leadership it is important to clarify with them what it means to be a leader. In the Young Leaders Program, we believe that all children can develop their leadership potential if the learning environment accounts for their strengths and preferences, they are given the chance to put leadership into practice and due recognition is given for leadership development.

Students need to be awakened to the possibilities of what leadership development can provide for them. The five building blocks of leadership provide a powerful platform for them to achieve personal success and have an impact on their school environment. It is important to move students beyond simplistic, self-centred thinking about leadership. When they think beyond the initial 'me' and move to thinking about 'we', students begin to see real benefits in embracing the concept of leadership development, particularly relating to service of others.

The aim of the introductory lesson is to explain to students the concept of the program and to clarify what it means to be a leader. This only needs to be a short 30-minute lesson.

## Activity 1: Setting the scene

Ask students to name some leaders they know. Get them to think of someone they admire (such as a sporting coach, a relative, club leader, leisure activity instructor, neighbour, teacher). They should choose someone they know well enough to be able to describe why they are a good leader.

Ask students why they think that the person they chose is a leader. Answers might include 'they are reliable', 'good at explaining things', 'they listen to me, help me, encourage me'.

## Activity 2: Teaching block

Using the leadership cards, lay the cards on the floor. You can use as many cards as you like.

Ask a student to pick a card with a word that best describes a quality of leadership (e.g. fair, helpful, thoughtful, organised, friendly, reliable and so on). Ask the class to explain why a leader needs to be 'fair' or 'reliable' or whatever card has been chosen.

Pick another card and continue as above until you feel the students are beginning to understand some of the qualities of leadership.



## Activity 3: Application

Ask students to complete one of the self-assessments (choose one only)

- Student self-assessment 1: Are you a good role model?
- Student self-assessment 2: Questionnaire

## Self-assessment: Are you a good role model?

ARE YOU A GOOD ROLE MODEL?	ALWAYS	MORE OFTEN THAN NOT	NEVER
1. Are you enthusiastic when you approach tasks?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
2. Do you consciously do the right thing even when it is hard?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
3. Do you speak to others as you want to be spoken to respectfully and without putting them down?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
4. Are you friendly to your schoolmates?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
5. Do you worry about what others think of you?	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
6. Do you look forward to most things you do?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
7. Do you have a positive attitude towards most things?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
8. Do you tell the truth?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
9. Can people rely on you to do what you say you will?	<input type="radio"/> 3	<input type="radio"/> 1	<input type="radio"/> 0
10. Do you help others even when it doesn't suit you?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
11. Would you help someone even if no one will know it is you?	<input type="radio"/> 5	<input type="radio"/> 2	<input type="radio"/> 0
12. Do you play games by the rules without complaining if decisions don't go your way?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
13. Are you a good loser?	<input type="radio"/> 3	<input type="radio"/> 1	<input type="radio"/> 0
14. Are you a gracious winner?	<input type="radio"/> 4	<input type="radio"/> 1	<input type="radio"/> 0
15. Do you blame others when things don't go well or you have done the wrong thing?	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 3
16. Do you like to try new activities even if you know you won't be successful?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0
17. Do you solve problems by arguing or showing you are right?	<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 3
18. Do you encourage your friends if they are having difficulty?	<input type="radio"/> 4	<input type="radio"/> 2	<input type="radio"/> 0
19. Are you bossy?	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 3
20. Do you remain calm and assertive rather than become aggressive when others don't think the same way as you do?	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 0

# Self-assessment: Questionnaire

PLEASE COMPLETE THE FOLLOWING EVALUATION FORM BY CIRCLING THE NUMBER CLOSEST TO HOW YOU FEEL	1 = NO 5 = ABSOLUTELY
1. Are you happy to speak in front of others?	1 2 3 4 5
2. Do you take responsibility for your actions?	1 2 3 4 5
3. Are you responsible for your belongings and those of others?	1 2 3 4 5
4. Do you attempt activities even if you don't feel confident?	1 2 3 4 5
5. Are you organised?	1 2 3 4 5
6. Do you work well with others in a group activity?	1 2 3 4 5
7. What are some words or phrases you would use to describe a good leader? Think of someone you admire to help you. Try to think of at least five words or phrases.	

## Activity 4: Conclusion

Ask students if there are any more leadership cards that they would like to add to describe qualities of a good leader.

Explain that they will be participating in the Young Leaders Program where they will be learning the skills of personal leadership which will help them to be great role models in their school community.





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