

THINGS TO
REMEMBER WHEN
YOU VISIT

- For your safety, the safety of others, and of the collection, please keep your hands to yourself.
- Do not touch artifacts or plants unless told you may.
- Walk, do not run.
- Please use appropriate voice levels.
- Stay with your group.

VOCABULARY:
Use these words in class
discussion or in team
building exercises!

- **Active Listening:** A way of listening and responding to another person that improves mutual understanding.
- **Facilitation:** a skill that ensures everyone's voice is heard, upholds norms, and moves the groups' agenda forward toward shared goals.
- **Leadership:** a guiding way of acting within a given situation, on behalf of a particular cause, or in relationship to others.
- **Responsibility:** the state or fact of having a duty to deal with something or of having control over someone.
- **Collaboration:** the action of working with someone to produce or create something.
- **Intentionality:** the fact of being deliberate or purposive.
- **Initiative:** the ability to assess and start things independently.

DEFINING a DiReCtion

During this program, participants will race to complete a series of tasks designed to activate various elements of leadership, including problem solving, decision making, and group dynamics. They will analyze their strengths and weaknesses, work on verbal and non-verbal communication, build trust, and discuss how their methods complement other leadership styles.

**The Leadership Challenge is an
ALL OUTDOOR EXPERIENCE:**

- Please dress appropriately for outdoor weather. Closed toed shoes are required.
- Bug spray and sun screen should be applied seasonally.



Activities:

Unity in Categories: A fast paced way of getting to know commonalities among group members. Ask the group to divide into multiple smaller groups according to a category, i.e. yell out eye color, shoe size, clothing color, type of pet, toothbrush color, favorite color, hair color, people with number of brothers or sisters, etc., any category (excluding any that could be deemed as discriminatory in any way). Make it quick and fast paced, get everyone moving.

Situational Leadership: Different situations require different types of leadership. Leaders should adapt their style based on how ready and willing the follower is to perform required tasks. How motivated is the group or individual? How capable and experienced are they with the particular skill or task? Discuss the following four leadership styles and the types of scenarios where one would want to utilize each technique.



STYLES OF LEADERSHIP:

Style 1: Directing- When the follower lacks experience and motivation the leader should supervise the activity closely, define specific roles and responsibilities, and make most of the decisions with input from others.

Style 2: Coaching- When the follower wants to help but doesn’t have the necessary skills, the leader should help by defining clear tasks, asking for ideas, and demonstrating activity through modeling.

Style 3: Participating- When the follower has skills but needs help completing a task the leader becomes a partner encouraging and supporting the assignment.

Style 4: Delegating- When the follower is willing, able, and skilled the leader should share decision making and problem solving but let the follower decide the best way to follow through with the task.



WHAT IS A FACILITATOR?

A facilitator is someone who runs a meeting or activity so that making decisions and planning are easier and smoother for everyone. The facilitator makes sure that everyone is involved in the process and that the goals and outcomes of the group are achieved.

During your program, the facilitator should still be interacting with the group before, during, and after the activities. Try relating what they learned in a challenge activity back to something you have included in their [class/youth group/program/etc.] to help them make connections on why you chose this Leadership program.

Facilitation tips to follow:

DO'S	DON'TS
Allow space for people to talk during a discussion; a little silence is ok.	Boss people around.
Encourage others by asking questions.	Take over all of the conversations and activities.
Ask follow-up questions.	Show off your knowledge.
Explain the activity if people seem unclear.	Withhold information from the decision making process.
Include everyone.	Ignore suggestions.
Repeat and rephrase what you hear to make sure you understand.	Forget to move the process forward.

Leadership Quotes

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."

~ John Quincy Adams

"It takes two to speak the truth: one to speak, and another to hear."

~ Henry David Thoreau

"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

~ Ronald Reagan

"A leader is best when people barely know he exists. When his work is done, his aim fulfilled, they will say: we did it ourselves."

~ Lao Tzu

"The task of the leader is to get their people from where they are to where they have not been."

~ Henry Kissinger

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

~ Eleanor Roosevelt

"There are two ways of spreading light: to be the candle or the mirror that reflects it."

~ Edith Wharton

"To do great things is difficult; but to command great things is more difficult."

~ Friedrich Nietzsche

Reflecting on Your Visit:

Motivation: You will need a designated area where all but one from the group can sit. Have a table filled with common things that motivate people to work hard. (*Examples include food, money, video games, pictures of loved ones, etc.*). One player is selected as the leader while the others sit together in a group. Each player should mentally choose one of the supplied motivators that would convince him to complete the task. Set a timer for 30 seconds. The leader will choose only one 'motivator' at a time and try to persuade each member of the team to stand up and help complete the task. Leaders can choose any strategy they believe will work, and if the leader succeeds in getting the whole team to stand up within the set time limit everyone wins. If not, a new leader should be chosen and the game begins again. When the game is over, open a discussion about why each motivator is appealing. In learning to guide others as a leader it is important to know how to get your group actively interested in completing any task. It is possible for the whole group to choose the same motivator or for each person to select a different one.



Exploring the Four Leadership Styles: Using the template included below, make a copy for each participating person. Each person will spend a few minutes filling out the survey on the Four Leadership Styles. Come back together and divide into groups based on individual's results. Spend ten minutes discussing in small groups then reconvene as a whole to debate strengths and weaknesses of each style. (Template: https://cdn.we.org/wp-content/uploads/2016/05/Part-2-Activity_Four_Leadership_Styles_May271.pdf)

Trust and Team-Building: Have the group form a circle and hook elbows. Ask one person at a time to keep their feet in the same spot and remain still while leaning forward. Instruct the people to each side of this person to lower themselves slowly, each placing their knee closest to the person on the floor, while they lower the middle person until his/her nose touches the floor. Next have them raise him/her to a standing position. The whole group will feel the weight and therefore will need to assist at all times. Ask participants to identify how the group worked together during this activity.

Additional Resources:

Habitudes—Images That Form Leadership Habits and Attitudes by Dr. Tim Elmore

The 7 Habits of Highly Effective Teens by Sean Covey

Leadership and Self-Deception by the Arbinger Institute

The Student Leadership Challenge,

<http://www.studentleadershipchallenge.com/Resources-Activities.aspx>

National TSA High School Leadership Lessons, Technology Student Association,

http://www.iltsa.org/National_TSA_Leadership_Lessons.pdf