

Leadership Traits

Empathy

A time a teammate was there for you when you really needed them.

Communication

A time you had a clear understanding of your role in helping the team.

Growth

A time another player went above and beyond to help you learn a new skill.

Inspiration

A performance from someone that motivated you to up your game.

Integrity

A time you felt you could trust a person you know because of their actions.

Responsibility

A time someone spoke up when it would have been easier to stay quiet.

Pick

Pick one of the above leadership skills and tell a story about how someone has shown that leadership trait in your life.

Reflection

Which of these leadership traits do you feel is a strength of yours? Why?

Improve

Which of these areas do you feel you could get better at? How?