

TEAM FIRST LEADERSHIP

15-19 YEARS OLD JUNIOR MIXED

This session is designed to explore the power of sportspeople to apply the strengths they develop in sport to life off the field.

In sport, everyone leads at times during a game or competition. The same applies in life - at times we are all required to lead.

A good leader develops strong relationships, leads by example, demonstrates humility, holds others accountable and is empowering.

"A huge thanks to SALT for their Team First Leadership session. The interaction and engagement with our players was outstanding! Helping them identify qualities and actions of good leaders and how we can bring out the best in our teammates as players and people."

Heidelberg JFC



Topics covered in the presentation include:

- Identifying the qualities you need to play sport and applying them to life
- Leadership is influence. How will you use yours?
- Understanding your 'why'
- Selfish to selfless continuum
- Knowing, naming and living out our values
- Applying our team values to our club at the moment
- Identifying and applying your strengths
- Bringing out the best in others
- Building strong relationships
- Leading by example
- Demonstrating humility
- Holding others accountable

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