# **Leadership Traits**

## **Empathy**

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

# Inspiration

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

## Communication

understanding of your role in helping the team.

# Integrity

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

#### Growth

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

# 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?