YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

What will I gain from being a young leader?



Being a young leader will help you to...



Gain confidence



Try new experiences



Make and strengthen friendships



Have positive wellbeing



Learn new skills*

*See the leadership skills on the next page.

What would you like to gain?

My personal goals for life are...

Being a young leader will help me by...

Setting a **SMART target** will help you to gain what you want.

S	**Specific**	What exactly will you do?
M	**Measurable**	What will success look like?
A	**Accepted**	Does everyone involved agree?
R	**Realistic**	What practical steps can you take?
T	**Time-bound**	When will you reach it?

Which leadership skills will I be learning?

Being a young leader will help you to learn leadership skills. These will also help you in school and wider life – now and in the future. The main skills you will learn include:

Skill	Definition	Examples
Communication 	I connect with others.	• I give instructions clearly. • I listen attentively to other people's ideas.
Responsibility 	I act responsibly and reliably.	• I arrive early to set up the equipment. • I do all of the jobs – not just the fun ones.
Teamwork 	I trust and cooperate with others.	• I ask for help when I need it. • I share my ideas with the other leaders.
Resilience 	I deal with setbacks.	• I try again if something didn't work at first. • I look for positives as well as negatives.
Empathy 	I see other people's perspectives.	• I listen to understand how someone feels. • I recognise the barriers that others face.
Problem-solving 	I find different solutions.	• I question why and how things are done. • I try various methods to see what works.
Evaluating 	I make judgements.	• I find out what players feel and think. • I consider what we could do better.

- **Which skills do you do well already?**
- **Which skills will you practise to improve?**
- **How will these skills help you in your wider or future life?**

YOUNG LEADER