LEADERSHIP INSPIRATIONS

Our Role Models

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will communicate and reflect on the skills of role models and those in leadership positions through identifying their own role models.

MATERIALS

Worksheet, writing utensils

AGE ADJUSTMENTS

This lesson is suitable for all ages.

Lesson Plan

Introducing the Lesson

- Have participants meet with partners and discuss the following questions:
  - Who is someone you look up to?
  - Why do you admire them?
  - What are some of the things they do/say that you like?

Experiencing the Lesson

- Come back together in the main group and discuss the following questions:
  - What makes a role model?
  - What skills do your role models hold?
  - How are being a leader and role model similar?
- Pass out worksheet and pencils to each participant
- Instruct participants to take about ten minutes to fill out the worksheet. Make sure they know they can

What if participants aren't sure who their role model is?

"Sometimes a better way to phrase role model is 'someone you look up to.' Give them some examples like: your best friend, sibling, parent, teacher or other influential figures in their lives."

Closing the Lesson

- Go through the worksheet asking participants to share their responses to individual questions.
- If participants seem hesitant to share what they wrote out to the entire group, consider putting them into partners or small groups to share.

After the Lesson

- In future activities and lessons that require leadership or overcoming obstacles, remind participants of their role model and how they can be more like their role model.

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Further Exploration

- Encourage participants to remember some of the characteristics they wrote down about their role models and try to act like this in their everyday lives.
- Have participants keep a journal over a week or two and write down scenarios where they practiced beinh like their role model. Some prompts could include:
  - How did it feel?
  - What did you notice about how people responded?
  - What was challenging/easy about it?
  - What characteristics do you want to continue to develop?

Get Creative

- Participants will need access to the internet
- Instruct participants to research famous leaders. For example:
  - past or present presidents
  - company leaders
  - sports coaches
  - Human rights activists
- Encourage participants to find examples of the leader displaying strong leadership qualities. This could include journal articles, quotes, videos, images or anything else they can find.
- Have them compile as much evidence as they can.
- At the end of the research time, have participants share what they found to the rest of the group.

Online

- Provide participants with electronic versions of the worksheet
- Continue as directed

Resources

- Check out this blog written by one of Leadership Inspirations' coaches called "Finding Your Role Model"

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My Role Model

Who is your role model?

Draw them here!

Describe them here!

How long have they been your role model?

Why are they your role model?

What are your favorite things about them?

What are some ways you can be like your role model?

Worksheet for: Our Role Models

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