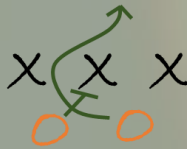


5 FUNDAMENTALS OF LEADERSHIP E-PLAYBOOK

**IF YOU WANT TO
LEAD THE GAME
TRAIN LIKE AN
ATHLETE**



WIN | LEAD | FAST-TRACK

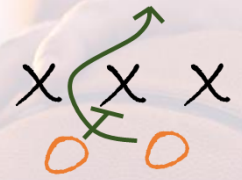


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The information provided in this e-book is intended for general informational purposes only, it is not all-inclusive, and readers are encouraged to seek expert guidance and explore additional sources for a comprehensive understanding of the subject matter.

LEAD WITH FUNDAMENTALS

GREAT LEADERS KNOW
GREAT FOLLOWERS WANT:



TRUST | COMPASSION | STABILITY | HOPE | GROWTH

GREAT LEADERS KNOW HOW TO
BUILD THESE **FUNDAMENTALS**

BASKETBALL PLAYERS CAN'T PLAY THE GAME
WITHOUT KNOWING HOW TO PASS, SHOOT,
DRIBBLE, RUN, AND JUMP



LEADERS CAN'T LEAD THE GAME
WITHOUT KNOWING HOW TO BUILD TRUST,
SHOW COMPASSION, BRING STABILITY,
GIVE HOPE, AND FOSTER GROWTH

FUNDAMENTAL 2: COMPASSION

I ACT WITH SYMPATHETIC CONCERN FOR OTHERS

TO SHOW COMPASSION, I AM:

EMPATHETIC | EMOTIONALLY INTELLIGENT | HELPFUL

To Be Empathic

I UNDERSTAND THE FEELINGS OF ANOTHER AS IF THEY WERE MY OWN

EMPATHETIC people can listen to how people feel and put themselves in the other person's shoes

To Be Emotionally Intelligent

I AM AWARE OF, EXPRESS, AND MANAGE MY EMOTIONS

EMOTIONALLY INTELLIGENT people can recognize and label their emotions to take actions needed to self-regulate or understand others

To Be Helpful

I RECOGNIZE AND ASSIST WITH OTHER PEOPLE'S NEEDS

HELPFUL people can understand other's situations, assess the needs of that situation, and aid others with those situations

SKILLS TO PLAY THE GAME: *Active-Listening, Emotional Awareness, Emotional-Labeling, Emotional-Regulation, Self-Awareness, Self-Regulation, Perspective Growing, Patience, Communication*

FUNDAMENTAL 3: STABILITY

I AM STRONG ENOUGH TO STAND AND ENDURE

TO BRING STABILITY, I AM:

STRONG | STRESS-RESISTANT | COMPOSED

To Be Strong

I CAN WITHSTAND GREAT FORCE OR PRESSURE

STRONG people can hold fast to their core values despite the situation they are facing

To Be Stress-Resistant

I HAVE A HIGH TOLERANCE FOR STRESS AND GOOD COPING MECHANISMS

STRESS-RESISTANT people can undergo stress without giving in or giving up

To Be Composed

I CAN KEEP CALM AND CARRY ON DESPITE WHAT HAPPENS AROUND ME

COMPOSED people can control their feelings and expressions regardless of the situation

SKILLS TO PLAY THE GAME: Integrity, Self-Discipline, Perseverance, Accountability, Emotional-Regulation, Adaptability, Problem Solving, Mindfulness, Time Management, Optimism, Self-Care, Communication

FUNDAMENTAL 4: HOPE

I INSPIRE OPTIMISM ABOUT THE FUTURE

TO GIVE HOPE, I AM:

OPTIMISTIC

VISIONARY

INSPIRING

To Be Optimistic

**I AM INCLINED TO
EXPECT GOOD
OUTCOMES**

OPTIMISTIC people understand that success is possible and pervasive

To Be Visionary

**I CLEARLY SEE
THE FUTURE DREAM**

VISIONARY people can see and plan the future with imagination and wisdom

To Be Inspiring

**I MAKE OTHERS FEEL
ENTHUSIASTICALLY
INTERESTED AND EXCITED**

INSPIRING people can communicate in a way that makes people believe in and want to take action

SKILLS TO PLAY THE GAME: *Resilience, Creativity, Communication, Storytelling, Strategic Thinking, Adaptability, Empathy, Active Listening, Charisma, Confidence, Problem Solving, Flexibility, Collaboration, Learning*

FUNDAMENTAL 5: GROWTH

I BECOME LARGER AND GREATER OVER TIME

TO FOSTER GROWTH, I AM:

SELF-AWARE | ACTIVELY-LEARNING | CURIOUS

To Be Self-Aware

I HAVE CONSCIOUS UNDERSTANDING OF MY KNOWLEDGE, CHARACTER, AND FEELINGS

SELF-AWARE people can focus on how their actions, thoughts, or emotions do or don't align with their internal standards

To Be Actively-Learning

I CONSTANTLY PURSUE KNOWLEDGE OR SKILLS THROUGH EXPERIENCE, STUDY, AND TEACHINGS

ACTIVELY-LEARNING people constantly find new ways of learning to extend or fill gaps in their knowledge and skills

To Be Curious

I AM EAGER TO KNOW AND LEARN AND AM OPEN TO IDEAS

CURIOUS people can reserve judgment in order to sit in inquisitiveness

SKILLS TO PLAY THE GAME: *Self-Reflection, Open-Mindedness, Curiosity, Active-Listening, Learning, Adaptability, Resilience, Self-Motivation, Self-Regulation, Self-Discipline, Goal Setting, Humility, Time-Management, Patience, Networking*



LEAD THE GAME

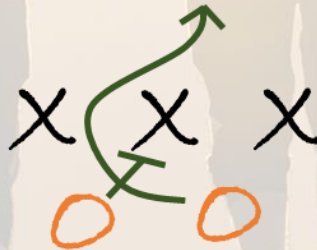
**“Play with Passion
Lead with Purpose”**

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