#### Introduction



Being a leader in sports or in other lifetime activities will afford you the opportunity to have meaningful social interactions, and will also enable you to support your partner or teammates. Click the tabs to see some of the attributes of a strong leader, particularly while participating in physical activities and sports.



**Demonstrate a Strong Work Ethic** 



Demonstrate a strong work ethic and commitment to the activities in which you participate, so you can inspire others to follow your example.



## **Encourage and Motivate**



Encourage and motivate your partner and teammates to succeed and develop their strengths.



#### Be Fair



Treat your partner and teammates fairly and with respect while remaining humble yourself.



## **Develop Trust**



Develop a trusting relationship with your partner or teammates.



#### Communicate



Clearly communicate your goals and tasks, while also considering your partner or teammates' perspectives.



## **Stay Positive**



Maintain a positive mindset, so you and your partner can play in an enjoyable environment.

