

## What is a Leader?

**Lesson Objective:** The objective in our first lesson is to discuss what constitutes a successful leader. Decide whether or not you are a leader? What qualities and values must a leader have and the understanding of a servant leadership model approach.

**The Taking Shape™ STAR Leadership program is designed on 5 points of the star.**

### 5 Points of the STAR

- ★ Trust
- ★ Serve
- ★ Love
- ★ Excellence
- ★ Growth



TAKE ACTION

**Class Discussion:** Watch leadership video and answer following questions in the spaces below and discuss with your group.

**What does a leader mean to you?** \_\_\_\_\_

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**List people you know that are leaders:** \_\_\_\_\_

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**What qualities do the leaders listed above have?** \_\_\_\_\_

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**Do you see yourself as a leader? Why or why not?** \_\_\_\_\_

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**List organizations, clubs or groups in your school or community where you can be a leader?**

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**Servant Leadership:** *Servant leadership is “servant” first. It is a leader that serves others in order to reach a higher mission or purpose. They lead from the bottom and hold everyone up. They are not worried about themselves, but they are focused on helping others grow. Servant leadership is where the leader is at the bottom holding everyone else up!*

★ **Trust:** Building trust is essential to the foundation of a great leader. Having strong character values such as honesty, integrity, empathy and consistency are all important in order for a leader to be trusted. Trust is at the bottom of the triangle and all great leaders have to be trusted first.

★ **Serve:** One of the best qualities of a leader is the ability to serve others. The STAR leadership program is based on a servant leadership model, thinking of others instead of ourselves. Serving as a leader focuses on gratitude, giving, community service and humility.

★ **Love:** Love is the ultimate link to hold all of these important character values together. Learning to lead through kindness and general concern of others is the key to becoming an influential leader. A great leader also must love themselves and promote a positive self- image.

★ **Excellence:** Servant leaders strive for excellence, not a life of mediocrity! Seeking to raise the bar and continuing to add value t those you lead is the ultimate result of being a successful leaders. It involves adding quality to everything you do. Setting goals to achieving excellence in everything you do separates the leadership achievers from others.

★ **Growth:** Every successful leader continues to grow in knowledge, experience and in relationships with others. Understanding the value of continuous learning and achieving the next level is key to being a great leader.

