



LE PRE-COURSE WORKSHEET

WORKING WITH A QUALITY

We ask that you come up with a quality that you will be cultivating for the duration of the program you are attending.

WHAT DO WE MEAN BY *QUALITY*?

Merriam Webster defines quality as: “a distinguishing attribute”

We could also say that a quality is an essential property or distinctive characteristic, “a way of being”.

In choosing, consider which quality you feel that you already possess some of and would like to continue to grow.

Stay away from qualities you think you *should* pick. Instead choose a quality that you are drawn to or inspired by.

We have included some examples of qualities below. Feel free use one of these or make up your own.

QUALITY EXAMPLES:

Ease	Inspirational	Creative	Resilient
Clarity	Discerning	Focused	Ethical
Balanced	Thoughtful	Patient	Flexible
Open	Courageous	Kind	Appreciative
Strength	Joyful	Generous	Calm
Receptive	Decisive	Visionary	

Please fill in the worksheets on the next pages and bring them with you to the opening day of the course.



WRITE YOUR QUALITY BELOW:

WHY DID YOU CHOOSE THIS QUALITY?

WHAT DO YOU THINK THE RESULTS WOULD BE IF YOU EXPRESS MORE OF THIS QUALITY IN YOUR LIFE?



WORKING WITH A DECLARATION

We ask that you also come up with a **declaration** that you will be working with over the LE workshop.

WHAT KIND OF *DECLARATION*?

We would like you to start thinking about a positive declaration you are willing to make. The declaration should be a short 1 or 2 sentence statement: something you *feel strongly* about and are willing to *take a stand* for. It can revolve around a project or intention you want to advocate for or the kind of contribution you would like to make as a leader.

DECLARATION EXAMPLES:

I am committed to bringing positive energy to my team and our project.

I will bring clarity and creativity to our monthly review meetings.

Continue to inspire others to be more involved in community support organizations.

I will continue to develop my skills so I may set the example of a confident and generous leader.

I am dedicated to creating an environment of inspiration and vision in my department.

COME PREPARED TO DELIVER YOUR DECLARATION AT THE WORKSHOP



BEING A SKILLFUL LEADER & FOLLOWER

Being an effective Leader requires a leader to be willing to step forward and lead with confidence, conviction and inclusivity. As a Follower we can surrender and at the same time go along positively and actively with the leader.

The roles are fluid and dynamic, and the implication is that sometimes leaders become followers through being receptive to feedback, and followers becomes leaders by skillfully offering feedback..

WHAT KIND OF LEADERSHIP ROLES DO YOU HAVE IN YOUR LIFE? HOW WOULD YOU RATE YOUR CURRENT ABILITY AS A LEADER?

WHAT INFORMATION DO YOU HAVE TO INFORM THE RATING?

Four horizontal lines for writing answers to the leadership role questions.

WHAT KIND OF FOLLOWERSHIP ROLES DO YOU HAVE IN YOUR LIFE? HOW WOULD YOU RATE YOUR CURRENT ABILITY AS A FOLLOWER?

WHAT INFORMATION DO YOU HAVE TO INFORM THE RATING?

Four horizontal lines for writing answers to the followership role questions.



ENTERING AND INCLUDING – THE THIRD ALTERNATIVE

When we find ourselves in conflict, especially when we think or feel our values are at stake, the tendency is to get into *either/or thinking*. This is valid and it closes down our options for moving forward.

The exercise of “Entering and Including” allow us to explore other possibilities.

*THINK OF A CONFLICT SITUATION – IT CAN BE WITH SOMEONE ELSE OR WITH YOUR SELF.
WHAT’S AT STAKE FOR YOU? HOW DO YOU REGARD YOUR SELF OR THE OTHER PERSON?
WHAT KEEPS YOU STUCK ON YOUR POSITION?*

Examples of internal conflicts:

- You have committed to something and don’t really want to do it, but feel obligated to do so now.
- Someone consistently makes you uncomfortable and you keep ignoring a part of yourself and stay in relationship.
- You want to move in a different direction and feel stuck and unable to make the change