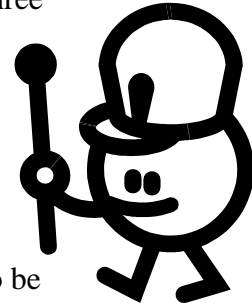


LEADERSHIP SKILLS - LESSON 1, INTRODUCTION TO LEADERSHIP

Edited for Monthly Newsletters – If you would like the complete lesson (three pages), please email me and I will send to you in an email.



Beginning with this August Newsletter and continuing for the next 8 months there will be information for Leaders to use to gain more skills and/or improve the skills they already have. There will also be opportunities for workshops and other “hands on” types of communication in the coming months. Although some people are born to be great leaders, leadership is a skill that can be learned. We will provide you with the information, activities and tools to help you become not just good Leaders, but great Leaders. Everyone in the chapter can benefit from these skills – as we all have the ability to be Leaders either in our families, at work, at our place of worship and within other social groups. Have you ever sat back in awe of someone who was leading a discussion or activity and marveled at how effortlessly they led the group? You too can be that person.

The first Lesson is an Introduction to Leadership Skills. As we start, we should remember the TOPS mission statement: To support our members as they take and keep off pounds sensibly. There are several points we will explore to enhance your leadership skills and achieve this mission.

- Importance of Communication and listening.
- Benefits of being organized and managing our time
- The importance of change and how to identify when it is needed and how to gently persuade others of the need
- Developing good working relationships between chapter officers, Field Staff, and chapter members.

Successful Leaders tend to possess these traits:

1. Good communication skills
2. Be able to make decisions using sound judgment
3. Be able to use past successes to move forward
4. Maturity and Stability
5. Dependability and persistence
6. A drive for continuing achievement
7. The ability to adapt and participate with the group

Think about your strengths and weaknesses and then, as these Leadership skills are presented, which ones will help you be informative, inspiring and help you motivate your chapter to success.