



HERO ON DUTY LEADERSHIP TRAINING

What you do speaks louder than what you say.

Webster's Dictionary defines a HERO as any person admired for courage, nobility, and regarded as an ideal role model. It is hard to be a Hero but heroes are what we need to change our schools, our communities and our world.

Students Will Learn:

- How to connect with other students and find common ground.
- The power of teamwork through interactive team building.
- How to go from bystander to being a hero in action.

HERO Principles

Honesty – Tells the truth even when it is not easy

Empathy – Understands the feelings of others

Responsibility – Takes ownership for actions, resists peer pressure, resolves conflict non-violently

Optimism – Excited about his or her personal future – knows my life has a purpose

Topics covered in the HERO Leadership Training:

Honesty - Being honest with yourself and others

- How do we go from a follower to a leader?
- What is integrity mean? Why is it important?
- What does your school need more of and less of?

Empathizing – Understanding the feelings of others

- What are the qualities of a real friend?
- How do we earn trust from others?
- Why does it matter how you view and treat others that are different from you?

Responsibility – Choosing the road less traveled

- What does self-discipline mean and why is it important?
- How do we resist peer pressure?
- What are some ways that we can respond rather than react to rejection and ridicule in person or on social media?

Optimism – Get excited about your future

- What are your hopes and dreams for life after high school?
- How do we achieve the goals we want to accomplish?
- What are the habits of successful people?

What else will my students learn during the Leadership Training?

- How to give a confident greeting and handshake
- How to listen and learn about others
- How to introduce others with care and thoughtfulness
- Number Pattern activity – Goal setting and sharing ideas
- School Hallway activity – How it feels to not be liked
- Around the World activity - Working well with others
- Swap Knots – Overcoming adversity activity

When **HEROES** join forces we can create change on our campuses.

Students will create a group and individual plan for achieving 3 goals to create positive change in their life and in their school.

A HEROES ACTION PLAN activity:

- **CLEAR GOALS +**
 - **SPECIFIC ACTIONS +**
 - **LIST OF RESOURCES +**
 - **HARD DEADLINE +**
- = CHANGE HAPPENING IN REAL TIME QUICKLY!**

CLOSING:

Group Photo

Closing Words

HERO Send Off!