



The Ultimate Character Development System

**Building a Successful Future
One Student at a Time!!!**



SEPTEMBER 2010 - LEADERSHIP

**Leadership means "I make great choices
so follow me!"**

**Leadership means inspiring people into action
to achieve a common goal.**

LEADERSHIP: SEPTEMBER 2010

Dear Family,

This month we will concentrate on the character concept, "leadership." Therefore, our power-chat discussions and activities will aim to help children understand what leadership is and how they can use a variety of leadership techniques to inspire people into action.

We all want our children to be leaders instead of mindless followers. We want them to know what they want and go after it-- and inspire others to do the same. As a Powerful Words academy, we also want to make sure that everyone-- from children to teens to adults-- understand that being a leader is not about being closed minded and stubborn but rather about being goal-oriented, respectful, compassionate and open minded. Powerful leaders actually put their character into action and use it to motivate others and to stay on course. People who are effective leaders typically understand the importance of putting Powerful Words like respect, integrity and teamwork into action in order to inspire others to follow their lead.

Some young people seem to be born with leadership potential. Others must learn them and exercise them like a muscle. At our school, we are dedicated to helping all our students become leaders in their lives.

The more children and teens are put in circumstances where they can learn and utilize leadership skills, the more they will adopt them. Research published in the Academic Leadership Online Journal a few months ago underscores the importance of extracurricular activities as part of leadership training. The results clearly demonstrated that those students who participated in extra-curricular activities showed more ambition as well as better attitudes and even higher grades than those who were not involved. These are young people who are learning to lead the way!

The definitions of leadership are as follows:

Young students: "I make great choices so follow me!"

Older students/teens/adults: Inspiring people into action to achieve a common goal.

During the four weeks of September we will be discussing the following:

- Week 1: What is a leader, what does a leader do, and why do we need them?
- Week 2: Leadership Skills: Group goals and taking initiative
- Week 3: Leadership Skills: Listening and communicating effectively
- Week 4: Leadership Skills: Weighing pros and cons and taking responsibility

Upcoming Powerful Words

October: Responsibility
November: Patience
December: Friendship

As always, one of the best ways to teach and reinforce Powerful Words is by modeling strength of character ourselves. Discuss the ways you show leadership skills each day and point out the ways your children do the same. As parents, employees, bosses, and mentors, what kinds of leadership skills must you use each day?

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and personal development centers in the world.

Best Regards,
Your Motivated and Dedicated Martial Arts Instructors

For More Powerful Parenting Information ,go to www.DrRobynSilverman.com



DEAR *Dr. Robyn*

© 2010 Powerful Words!

SEPTEMBER 2010: LEADERSHIP

(Paraphrased from an email; with permission)

Dear Dr. Robyn,

I am so frustrated...My children are agreeable to a fault. Yesterday they both had friends over and I could overhear them talking about what they were going to do. Everything they said, my children did...even though I know my children don't like the games they wanted to play. How can I get my kids to speak up?

--Kristine S, Seattle, WA

Dear Kristine,

It can be both a blessing and a curse to be so agreeable. It's a blessing because it can keep the peace between friends and certainly make your children popular choices for playmates. But it can be a curse because when children cow tow to every whim, they don't exercise their negotiation and assertiveness skills nor do they get to play what they want to play! A mix of abilities-- to agree at times and to speak up for what your children want-- is a necessary balance.

How can you help your children speak up? Here are some ideas that you can start with:

(1) **Ask your children what they want:** This is important for recognition and for practice. Give them choices and allow them to select. Do you want to wear the red shirt or the blue one? Do you want chocolate or vanilla? The more they can work on assertiveness and decision-making, the more likely they are to employ these skills with friends.

(2) **Model decisiveness:** Speak out loud and say things like; "When Aunt Mary asked me whether I wanted to go to the park or go to the movies, I told her 'let's go to the park! I love to be outside! What do you think you would say?'"

(3) **Put them in leadership positions:** Sometimes, have your children play with children who are younger than they are. Older children tend to be more likely leaders. If they can make decisions in

the moment with younger children, they can develop the skills to use when they are with same-age peers.

(4) **Keep them in activities that build leadership:**

The program you are in right now certainly helps children build character and leadership skills as we both discuss Powerful Words and put them into action! Seek out and help your children stay committed to activities that allow them to speak up, demonstrate, observe and attempt different leadership skills.

(5) **Point it out:** When your child helps a group of children work as a team, speaks up, listens well, or shows decision-making skills, recognize them! Let them know that you appreciate their opinions as well as their ability to keep an open mind. When they hear what you value, they will seek it out and want to do it more.

(6) **Ask for help:** When parents ask for help, it allows the children to step up. Once they get into the habit of helping, you can move to the next step. Tell them, for example; "I need to bake something for the volunteer bake sale. What do you think we should do? What do we need in order to do it?"

Here's to your success!



Follow the Leader?

Some leaders make good choices. Other leaders don't make good choices. Read about each one of our friends. Then circle "YES" if you would follow the leader or "NO" if you would not follow the leader.



Maddie and Mike wanted to play with the same toy. She stuck her tongue out at him. He stuck his tongue out at her. Would you follow along and do the same thing?



Andy saw that his parents were working hard to clean up the house. He got out a broom and started sweeping to help out. Would you follow this leader and help clean up too?



James and Ty saw a new girl in class named Anna. She didn't know anyone. They came over, said hello and asked her if she wanted to play. Would you follow these leaders and go meet Anna?



Timmy and Jimmy were bored. Instead of going outside or playing a game they started drawing on the floor and painting on the walls. Would you along and do the same thing?



What is one way that you show leadership at home, school or in our class?

I show leadership when I _____

What kind of LEADER are you?

Quiet

Loud

Team-oriented

Friendly

Good listener

Work alone

What are 4 words
that would describe
you as a leader?

Thoughtful

Quick-thinker

Risk-taker

Cautious

Courageous

Strong

What style is the best style for you as a leader?
Why or why not?

Passive (pass choices on to others, others do the work)

Assertive (good listeners & speak their minds)

Aggressive: (push their opinions, don't listen well)

Describe the last time you showed leadership and what you did well:

Leading Leaders

*“Great leaders DO follow; their dreams, their hearts,
and their sense of purpose.” --Dr. Robyn Silverman*

The Top 5 Leadership Qualities You Look For In A Leader

1. _____ Why? _____

2. _____ Why? _____

3. _____ Why? _____

4. _____ Why? _____

5. _____ Why? _____

**How can we help young leaders stick to their goals even when
faced with opposition and challenges?**
