



# ILLUMINATE





## WHAT ARE THE SKILLS OF A LEADER?

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Knowing and  
**practicing** the  
**skills** required for any  
role in life will have  
an **effect** on the  
**outcome**.

## YOUR PRESENCE

What is your reason for being here?

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What is keeping you from  
participating fully?

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## WHAT DO YOU BRING TO YOUR GROUP?

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How can that benefit others?

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Make each day a  
masterpiece.

**JOHN WOODEN**



# COMFORT ZONE

## GREAT MOMENTS

\_\_\_\_\_  
\_\_\_\_\_  
Name one area where growth might be hard or uncomfortable?  
\_\_\_\_\_



**WHY  
STEP OUTSIDE  
YOUR COMFORT ZONE?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Many of  
life's greatest  
moments will  
happen outside  
your comfort  
zone.



# I LIKE, I WISH, I WONDER

**LAST YEAR  
I LIKE...**

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**LAST YEAR  
I WISH...**

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**LAST YEAR IN  
ONE WORD:**

**DISCUSS**

**THIS YEAR  
I WONDER...**

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**HOW  
CAN YOU CREATE  
NEEDED CHANGE?**

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If you believe  
you can make a  
difference, then you  
will make a difference.

**LINSAY FOX**



Who inspired you to become a leader?

What did they do to inspire you?

## INTEGRITY

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## GROWTH

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**LEADERSHIP**  
through

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creates  
**INFLUENCE**

## CONNECTION

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## GRATITUDE

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## BUILDING INFLUENCE

Done with the right intentions, these actions build **influence**.  
Which of these are **personal strengths**? Which **need improvement**?

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# THE LIGHTS IN OUR LIVES

## YOUR SPARK

Who is the person that impacted your life?

What character traits of theirs **positively** affected you?



## THE TRAITS OF YOUR TEAM

### STRENGTHS:

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You will never truly understand the full extent of your influence.

### DEVELOPMENT:

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# THE LIGHT WITHIN

**WHAT MAKES  
YOU LAUGH?**

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**WHAT FILLS  
YOUR CUP?**

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**YOUR  
LIGHT**

**LIST YOUR  
POSITIVE TRAITS:**

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**LIST A FEW  
MEANINGFUL  
EXPERIENCES:**

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Nothing can dim  
the light that shines  
from within.

**MAYA ANGELOU**



## **THE LIGHT OF THOSE YOU LEAD**

Do you know what makes others shine?  
How can knowing these traits help you lead others?

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**VERBAL  
COMMUNICATION**  
**STRENGTH • IMPROVE**

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**NON-VERBAL  
COMMUNICATION**  
**STRENGTH • IMPROVE**

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THREE KEYS TO  
COMMUNICATION

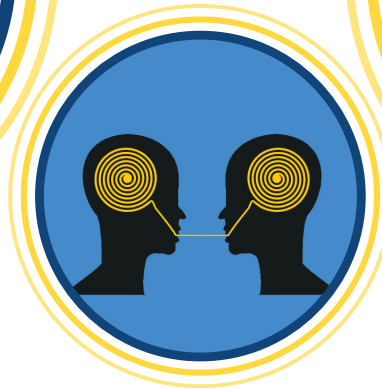
**RESPECT  
EMPATHY  
SINCERITY**

**LISTENING IN  
COMMUNICATION**  
**STRENGTH • IMPROVE**

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**WRITTEN  
COMMUNICATION**  
**STRENGTH • IMPROVE**

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## REVISITING YOUR COMFORT ZONE

Think about which areas need the most improvement.  
What activities can you do to foster the most growth?

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# LESSON PLAN

## SET-UP & FULL DEMONSTRATION

Exercise: \_\_\_\_\_ Tempo: \_\_\_\_\_

Student Set-up: \_\_\_\_\_ Teaching Team: \_\_\_\_\_

Introduction What & Why: \_\_\_\_\_

Vocalization w/ Demo: \_\_\_\_\_

**MACRO**

## BREAKDOWN & INSTRUCTION

Segments of the Exercise:	Vocalization:	# of Reps
_____	_____	* _____
_____	_____	* _____
_____	_____	* _____
_____	_____	* _____

\*Exploration - Allow individual time with each segment

**Performance Goals:** What do you want the students to do? Be Specific.

_____	_____
_____	_____
_____	_____

**MICRO**

## EVALUATION & FEEDBACK

As you combine segments and do reps of the full exercise, what problems do you anticipate?

What will the students do to show you they understand the correct technique?

**Potential Problems:**

_____
_____
_____
_____

**Student Corrections\*:**

_____
_____
_____
_____

\*Remember the ultimate goal is for students to self-correct, so give them that chance.

**MACRO**

## TEACHING GOALS & EVALUATION

- |   |  |  |
|---|--|--|
| <input type="radio"/> Explanation (What & Why)  | <input type="radio"/> Demo (w/multiple angles) | <input type="radio"/> Vocalization           |
| <input type="radio"/> Breakdown Into Segments   | <input type="radio"/> Time On Their Own        | <input type="radio"/> Specific "To-Do" Goals |
| <input type="radio"/> 3-4 Reps Between Comments | <input type="radio"/> Specific Feedback        | <input type="radio"/> Solutions w/ Problems  |
| <input type="radio"/> Catch Them Doing It Right | <input type="radio"/> Macro - Micro - Macro    | <input type="radio"/> Concise Instruction    |

**CHECKLIST**



## SIMPLE BUT NOT OBVIOUS

Describe a recent light bulb moment for you:

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### PROBLEM #1

Describe the issue: \_\_\_\_\_

\_\_\_\_\_

WHY • WHY • WHY WHY • WHY

Action/Solution: \_\_\_\_\_

\_\_\_\_\_

### PROBLEM #2

Describe the issue: \_\_\_\_\_

\_\_\_\_\_

WHY • WHY • WHY WHY • WHY

Action/Solution: \_\_\_\_\_

\_\_\_\_\_

## BE A PART OF THE SOLUTION

Continually focusing on the problem rarely changes anything.  
What can you do to keep you and your group focused on solutions?

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# BRIGHTEN YOUR LIGHT

**WHAT BRINGS  
YOU PRIDE?**

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**HOW CAN YOU  
HELP OTHERS?**

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**YOUR  
LIGHT**

**WHO CAN HELP YOU?**

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**WHAT KEEPS  
YOU MOTIVATED?**

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True happiness is not found in the destination, but rather in the journey itself; in the systems we create, the processes we follow, and the growth we experience along the way.



## SHINING BRIGHT

As leaders we all need to care for ourselves.  
What regular self-care acts help your light shine bright?

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## BEGIN WITH THE END IN MIND

Leading for the moment is important, but so is leading for the future.  
Where do you want your group to be next year?

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**TIME OF  
YEAR**

**EVENTS • TASKS**

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**TIME OF  
YEAR**

**EVENTS • TASKS**

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**TIME OF  
YEAR**

**EVENTS • TASKS**

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The future  
depends on what  
you do today.

**MAHATMA GANDHI**



# SHINING THE LIGHT ON OTHERS

## YOUR BIGGEST FAN

Describe a time when someone  
picked you up or cheered you on:

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Sometimes  
others need us  
to shine the light on  
their successes.

Everyone needs  
encouragement.

Sometimes  
others need us  
to shine the light on  
their path.

Everyone needs  
guidance.

## THE PEOPLE IN THIS ROOM

Think about the team here in this room.  
Make a list of people and their traits that need to be celebrated.

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**BRAVO!**

**OUR  
LIGHT**



## ILLUMINATE OTHERS OFTEN

How can you be certain this type of illumination happens  
regularly in your team and organization?

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# IDEAS PAGE

Lined area for writing ideas.





# MASTERING THE PLIÉ

## MOVE LIKE A PRO!

1

Start With Proper Alignment

2

Bend Your Knees

3

Keep Your Heels Down

4

Maintain Posture In Your Toaster

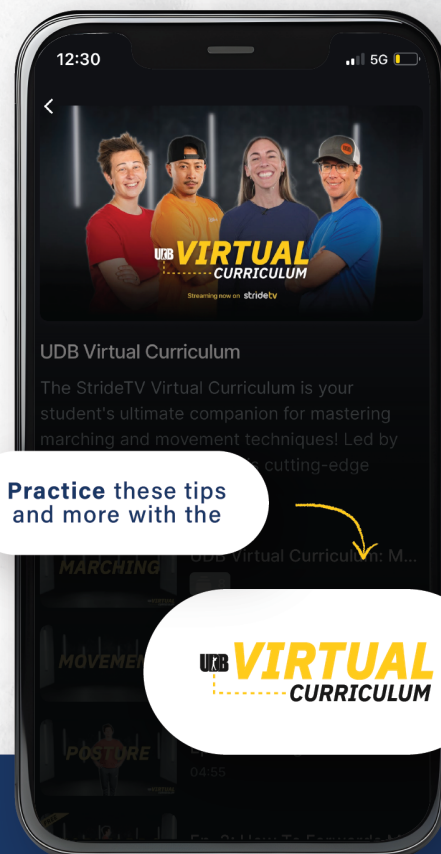
5

Imagine being pulled up by  
a string from your head



The **plié** is a foundational movement that is used in most **marching choreography**.

Not only will it **elevate** your choreography but it will also help **strengthen** your posture!



Practice these tips  
and more with the

**UDB VIRTUAL  
CURRICULUM**



| **stride**tv | **BEAM**