



# OCTOBER LEADERSHIP:

## *Leading Your Lane*



### **12 & Under Session**

#### **Leadership Style & Goal Setting**

- Swimmers will learn about four different leadership styles and decide which style describes them best
- Coaches will talk through which style applies to them and how that has helped them be a better leader AND teammate
  - They will also discuss what aspects of their leadership style makes life harder and how they overcome those obstacles
- Athletes will think about what ways they can be a leader inside and outside of the pool during a goal setting discussion

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### **13 & Over Session**

#### **Enneagram Test- How your Personality Type Affects your Leadership Style**

- Athletes will take a shortened Enneagram test before the session to determine their top three personality styles
  - Our goal is to help the athletes understand the different drivers of their personality, their leadership style, and how they cope with certain situations
- Coaches will lead a discussion on each Enneagram type and give the athletes examples of how their Enneagram type has played into their strengths and weaknesses as a leader and a teammate
- Athletes will use what they've learned about themselves to aid in developing their goals, inside and outside of the pool