



**BE BURY COLLEGE
BE READY**

SPORT - INTRODUCTION TO SPORTS LEADERSHIP





An introduction to sports leadership for a Bury

College Sports student

LEADERS ARE, CAN, & THINK!

Try to think of some characteristics of a successful leader for each category.

LEADERS ARE... (TOP CHARACTERISTICS)	LEADERS CAN... (TOP ABILITIES)	LEADERS THINK... (TOP BELIEFS)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

Based on your TOP CHARACTERISTICS of a Leader answer the following questions:

Does each of the characteristics you listed describe you as a leader? Why or why not?

How would you rate yourself according to your top leadership characteristics that you listed?

Which one of the characteristics best describes you and which one least describes you?

What is one thing you need to do to improve in this area?

Based on your TOP ABILITIES of a Leader answer the following questions:

Does each of the abilities you listed describe you as a leader? Why or why not?

How would you rate yourself according to your top leadership abilities that you listed?

Which one of the abilities best describes you and which one least describes you?

What is one thing you need to do to improve in this area?

Based on your TOP BELIEFS of a Leader answer the following questions:

Does each of the beliefs you listed describe you as a leader? Why or why not?

How would you rate yourself according to your top leadership beliefs that you listed?

Which one of the beliefs best describes you and which one least describes you?

What is one thing you need to do to improve in this area?

***LEADERSHIP STARTS WITH YOU, BUT IT'S NOT ABOUT
YOU!***

Leadership Self-Assessment

Complete this leadership self-assessment to get a sense about your leadership skills and interest-level. Use what you learn as a starting point to consider if a leadership role is right for you, as well as to get a sense of your current leadership strengths and areas where you may need to improve.

	Strongly Agree 5	Somewhat Agree 4	Neither Agree Nor Disagree 3	Somewhat Disagree 2	Strongly Disagree 1
1. Delegating work to others comes easy to me.					
2. Communicating clearly with others is easy to me.					
3. I enjoy engaging with other people on an interpersonal level.					
4. I am proactive in offering constructive criticism.					
5. I place a high value on treating others fairly.					
6. Seeking advice from others is something I do often.					
7. Change energizes me.					
8. Problem-solving is one of my strengths.					
9. I am comfortable with being a role model.					
10. Working as part of a team energizes me.					

Note: There are no right or wrong answers here – this is a self-assessment, so answer honestly!

For each item, fill in the number that corresponds with the statement that best describes how you feel.

11. I am comfortable coaching and mentoring others.					
12. Directing the work of others is comfortable for me.					
13. I have the ability to set and accomplish goals.					
14. I enjoy implementing new methods and strategies.					
15. I am proactive in providing praise to others.					
16. I am comfortable admitting and correcting my own mistakes.					
17. I have strong conflict management skills.					
18. Diversity and inclusion are important to me.					
19. I enjoy really listening to what others have to say.					
20. When I see problems, I immediately look for possible solutions.					
Grand Total					

Leadership Assessment outcome

Scoring Instructions:

Total each column.

Add the total of each column to calculate your grand total score.

What is your final score? _____

Results

Please note this is a self-assessment based on your own perception of how much you agree with these statements. It is not a true indicator of aptitude, nor does it necessarily reflect how others see you.

What does your score mean?

- 50+:** If your grand total score is 50 or above, this indicates you see yourself as having many of the skills and tendencies necessary to succeed in a leadership role. It may also indicate a leadership role (formal or informal) appeals to you.
- 49-:** If your grand total score 49 or lower, you do not currently perceive yourself as having strengths in key areas skills and abilities associated with success in a leadership role. This may mean that a leadership role is not particularly appealing to you, or it may simply serve to help you identify areas where improvement may be needed before seeking out a leadership position.

Application

Use this assessment to help you identify your leadership strengths (items with the highest numeric scores) and opportunities for growth (items with the lowest numeric scores). From there, create an action plan.

What are your greatest leadership strengths?

What are your opportunities for growth as a leader?

Action Plan:

How can you use your strengths when studying on your sports course?

What can you do to improve in areas where you have opportunities for growth, do you think you could plan opportunity whilst at Bury college?

Now Plan on ways you could improve your leadership style during your first year at college—using the SMART format below, plan a target for you to achieve by the end of your first year of college.

SPECIFIC

Be very clear in what you want to achieve. Consider breaking the goal down into smaller steps.

MEASURABLE

How will you know when you have achieved your goal? What will you be doing at that time? What will others notice you doing? What will be different? What will you have started or be doing regularly? What will you have stopped or be doing less of?

ACHIEVABLE

Ensure your goals are not too high. Don't set yourself up to fail! Consider setting smaller goals on your way to the big one. Celebrate your successes. If you don't achieve what you set out to, then ask what you could do differently, what would make it more likely to succeed next time?

REALISTIC & RESOURCED

Is this achievable with the resources I have? Are there any other resources you need before you can, or to help you, achieve your goal? How can you access these resources? What problems might you have? What can you do to minimise those problems?

TIME LIMITED

Set a reasonable time limit to achieve your goal. 1 week, 1 month, 6 months, 1 year, 5 years? Consider different (smaller) time limits for smaller steps.

Your target! Take this with you to college and show your group tutor so they can monitor your progress. Good Luck!

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC & RESOURCED

TIME LIMITED

WHO DO YOU ADMIRE AND WHY?

Write down the names of three people you admire or look up too.

-
-
-

What is the quality or characteristic you admire most about each of them?

-
-
-

Why do you think you admire the 3 characteristics mentioned above? Why are you drawn to these qualities?

How well do you possess the qualities you admire in others?

List one or two ways you can further develop the qualities you admire in others.