



INSPIRING ACTIVITY

RECOGNISING OUR INSPIRING QUALITIES

DURATION: 20 mins – 1.5 hours depending on team size and both activities

PURPOSE:

There are many characteristics that have the power to inspire and uplift those around you. Inspiration isn't the sole domain of a team leader. Everyone can inspire others, and this activity enables individuals and teams to consider and discuss those inspirational qualities that they see in themselves and in others.

The activity has 2 parts which can be completed as an initial activity and a follow up.

PREPARATION:

You will need:

- A handout or pre-prepared flipchart listing the ways to be an inspirational person (see below)
- Post It notes and pens

STEPS:

- 1) Share the purpose of the activity
- 2) Show or hand out the list of 'Being an Inspirational person'
- 3) Undertake Activity 1

Activity 1 (approx.20 mins)

- Ask the team to get into 2s or 3s
- Discuss the list
- Share the quality or qualities on the list that they feel they do well and why. Add any the group feel are missing.
- Share quality or qualities on the list they do less well or are not able to demonstrate easily

BEING AN INSPIRATIONAL PERSON

10 different ways anyone may inspire those around them:

1. Builds up those around them	6. Practices gratitude
2. Is enthusiastic	7. Stands their ground
3. Has integrity	8. Sets clear goals & strives to achieve them
4. Is empathetic	9. Has passion
5. Maintains a positive outlook	10. Challenges others & themselves

INSPIRING



"We will provide an inspiring, enterprising and empowering experience for our students and staff"

WHAT ROLE MODELS DO:

- **Enthusiastic** - Bring pride to the work we do, championing the work of others & our University.
- **Encouraging** - Motivate & support others through meaningful feedback.
- **Life-long Learners** - Continually seek opportunities to develop & share learning with others.

LEADERS ALSO:

- **Enthusiastic** - Bring clarity on the vision/purpose of the University & translate that message so teams understand their contribution.
- **Encouraging** - Trust & empower others to grow, giving praise and constructive feedback.
- **Life-Long Learners** - Support others to develop, working with them to seek opportunities to learn.