

The Youth Sport Trust believes every young person should be supported through PE, sport and play to develop their personal leadership capabilities. Through a range of leadership experiences, young people can acquire skills and learn behaviours which not only develop them as individuals but as drivers of change for others.



LEARNING

to lead

SKILLS

- Creativity
- Communication: speaking
- Planning
- Organisation
- Decision making

BEHAVIOURS

- Aspiration
- Enthusiasm
- Responsibility
- Curiosity
- Confidence

DEMONSTRATING

skills by leading and mentoring others

SKILLS

- Communication: active listening
- Facilitation skills
- Relationship building
- Problem solving
- Feedback

BEHAVIOURS

- Cooperation
- Honesty
- Empathy
- Positive role model
- Trust

DEVELOPING

role specific skills

SKILLS

- Decision making
- Goal setting
- Self-management
- Emotional intelligence
- Reflection

BEHAVIOURS

- Passion
- Fairness
- Resilience
- Integrity
- Honesty

Leadership Framework

EXPLORING

skills through leading participants

SKILLS

- Teamwork
- Organisation
- Communication: presentation skills
- Action planning
- Reflection

BEHAVIOURS

- Confidence
- Determination
- Self-belief
- Resilience
- Respect

INFLUENCING

through advising and collaborating

SKILLS

- Influencing
- Emotional intelligence
- Teamwork
- Networking
- Presentation skills

BEHAVIOURS

- Self-motivation
- Innovation
- Fairness
- Perseverance
- Respect

DRIVING CHANGE

by becoming an activist

SKILLS

- Developing relational strength
- Communication: active listening
- Planning
- Story telling
- Negotiation
- Strategic thinking

BEHAVIOURS

- Integrity
- Desire to make a change within society
- Courage
- Confidence to take action
- Determination to sustain action