

# Foundations of Leadership & Mental Health



Leaders have a lot of responsibilities resting on their shoulders. From problem-solving, making decisions, and motivating their team. They face a great amount of stress and pressure. Before they break down and fall under pressure, this section will help provide the stability needed for success. This section will help them develop the mental and emotional strength they'll need to overcome crises and any other high-pressure situations that may come their way.

## **DEFINING LEADERSHIP**

Leadership is the capacity to influence others to jointly work toward a specific goal. Key elements are recognizing change and solving problems, which are what we get paid to do. Key skills, abilities, and diversified experience are necessary for leadership (\*SHRM.org)

Leadership is a process of social influence, which maximizes the efforts of others, towards the achievement of a goal.  
(\*Forbes.com)



***"I have to just go forward with the most awareness I can going forward and trying to be the best I can be for our team. Things don't correct themselves; you've got to go out there and work hard to correct them."***

(\*Tom Brady)

## ***DEFINING MENTAL HEALTH***

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

(\*MentalHealth.gov)



The data indicated rates of mental exhaustion, anxiety and depression have seen little change since fall 2020 and remain 1.5 to two times higher than identified before the COVID-19 pandemic. However, student-athletes reported lower levels of hopelessness in fall 2021 than in the first year of the pandemic.(\*NCAA.org)



***"Mental Health is an invisible thing but it touches all of us at some point or another. It's a part of life."***

(\*Kevin Love)

# ***PRINCIPLES OF LEADERSHIP***



**OUR IDENTITY**



**MENTAL HEALTH**



**RELATIONSHIPS**



**RESPONSIBILITY**



**INFLUENCE**



**GOALS & MISSION**

## ***LEADERSHIP ASSESSMENT***

On scale from 1 - 10

(1 being not proficient vs 10 being completely proficient rank yourself in each area

- 1** I am aware of my leadership strengths and weaknesses.
- 2** I take initiative on projects.
- 3** I build relationships with others in order to reach a mutual goal.
- 4** I understand the underlying concepts of leadership.
- 5** I adapt my leadership style to different situations.
- 6** I have a personal philosophy of leadership.

## ***LEADERSHIP REFLECTION PROMPT***

- Thinking about the assessment from the previous page, what areas do you feel you are most strong in? Explain why.
  
- From your past experience (school, sports, family, community involvement, who have been the best examples of leadership in your life? What made them great leaders?
  
- What areas would you say your example(s) of leadership did well on the previous survey?
  
- Thinking about your areas of weakness, in what ways do they need to be improved?
  
- What are some things that you can begin doing today to maximize your areas of strength and grow in your areas of weakness?

## ***MENTAL HEALTH***

### ***REFLECTION PROMPT***

- Finish this statement. When I am at my healthiest I am....
- Describe a time when you were at your lowest mentally and/or emotionally?
- Historically, what things have you done, or resources have you used to help with your mental health?
- Write down as many people that could help you in your biggest time of need. Explain how each one could help you.
- On a scale from 1 - 5 (1 = not willing and 5 completely willing), how willing would you be to ask someone for help if you were struggling with your mental health?