

Kentucky 4-H Virtual Experiences
Exploring Your Personal Leadership Style
November 12th

Speaker	Script
<p>Landry Woodrum</p>	<p>Welcome to the Kentucky 4-H Virtual Experience, Exploring Your Personal Leadership Style. My name is Landry Woodrum, and I am the Kentucky 4-H President. Today two of the Pike County 4-H Members who serve on the Kentucky 4-H State Teen Council will be leading you through leadership exercises that help you explore your leadership skills and how they may apply to real-world situations.</p> <p>I would like to invite two of our Kentucky 4-H State Teen Council Members to give their testimony on how Kentucky 4-H has inspired them to be leaders in their community.</p>
<p>Kiersten Dotson</p>	<p>Hello! My name is Kiersten Dotson. I am from Pike County, Kentucky and I currently serve on the Kentucky 4-H State Teen Council. Before we get started on our virtual experience today, I would like to tell you more about my 4-H story and how 4-H has inspired me to be a leader in my community.</p> <p>Kiersten tell 4-H Story.</p>
<p>Evan Ratliff</p>	<p>Hello! My name is Evan Ratliff. I am also from Pike County, Kentucky. This is my second year serving on the Kentucky 4-H State Teen Council. 4-H has been a part of my life since I started to go to 4-H Camp in elementary school.</p> <p>Evan tell 4-H story.</p>
<p>Deja Hatchett</p>	<p>Thank you, Kiersten and Evan. I'm Deja Hatchett, the Kentucky 4-H Vice President. As you can see from these two stories, 4-H offers something for everyone—whether that is agriculture, family consumer sciences, communication and expressive arts, health, science, engineering and technology, natural resources, or leadership---Kentucky 4-H provides education and life skill development opportunities for youth to grow into confident, capable, and contributing members of their communities.</p> <p>Some say the secret to life is to know who you are and where you are going. Knowing ourselves is important in our development as leaders. Let us get started exploring your leadership style and how you can it to impact the lives of others.</p>
<p>Morgan Barnes</p>	<p>My name is Morgan Barnes, and I am the Kentucky 4-H Secretary.</p> <p>Becoming aware of our dominate personality style can allow us to identify our personality strengths and weaknesses. By realizing our</p>

	<p>strengths, we can focus on applying them to situations which they can benefit the most. Awareness of our leadership weaknesses enables us to improve those qualities to lead others effectively. Understanding differences in personality styles will help one relate to others and accept and appreciate differences.</p> <p>Recognition of our positive traits and qualities can improve our self-esteem and give us the confidence we need to lead others. Self-esteem is the stable set of perceptions of beliefs one holds about themselves. Self-esteem is also based on our perception of other’s beliefs about us, and the value placed on those perceptions.</p> <p>Recognition of our positive traits and qualities can improve our self-esteem and give us the confidence we need to lead others. Self-esteem is the stable set of perceptions of beliefs one holds about him or herself. Self-esteem is also based on our perceptions of other’s beliefs about us, and the value places on those perceptions.</p>
<p>Morelia Falcon</p>	<p>Hello, I’m Morelia Falcon and I am the Kentucky 4-H Treasurer. I’d like to talk a little more about self-esteem and leadership.</p> <p>Self-esteem is a self-fulfilling prophecy; it is created in a cycle involving our perception of others’ beliefs about ourselves and other’s perceptions of our beliefs about ourselves. When we are treated as if we were intelligent, talented, and attractive, we come to believe those things about ourselves; also, if we act as if we are those things, other will treat us that way. Unfortunately, the opposite is true also; if others act as if we are of little value, we will come to believe that about ourselves, and if we believe that about ourselves, others will believe it more too. We become what we believe we are; therefore, working outbuild self-esteem is ourselves and others is very important.</p>
<p>Landry Woodrum</p>	<p>High self-esteem will build confidence and bring out the best in people. It enables others to achieve their full potential.</p> <p>Individuals with high self-esteem:</p> <ol style="list-style-type: none"> 1) Respect each other. This means that the person’s pursuit of excellence is inner motivated. This pursuit is not based on a strategy of succeeding because of someone else’s failure. They have enough self-confidence to help whenever possible. 2) Take risks to grow. They take risks as they stretch their abilities to pursue new challenges. The thought of failure does not stop them from trying to learn something new. 3) Keep trying despite setbacks. They keep trying despite adversity. They work harder when they perceive gain from the effort. 4) Value the effort more than success. They know that they learn more from trying. Their self-esteem comes from struggling to

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	<p>reach the goal. Striving for excellence is more important than pursuing perfections. Success without challenge is unrewarding.</p> <ol style="list-style-type: none"> 5) Defend themselves and their values. They understand the fine balance this can be when working with others. They are aware that others may not have the same values and respect that. 6) Refuse peer pressure, they stay focused on their dreams and encourage others to do so as well.
Deja Hatchett	<p>Building our self-esteem is the first step to realizing our full potential.</p> <p>Values are an important part of our personality and play large roles in determining what types of decisions we make. Clarifying values helps us understand our personal priorities and can aid us in decision making situations. It can also help us realize how we developed our own personal value system and shed understanding on how others formulated their own values. Understanding how value systems are created will assist us in understand others' points of view and empathizing with others is important when dealing with conflicts and value differences.</p> <p>Our values also determine how we will act when faced with an ethical dilemma. An ethical dilemma is a situation in which all of the possible decisions(s) conflict with our values. In solving the dilemma, we must weigh our values and determine which are most important. Comparing and priorities our values is difficult but necessary when making life decisions.</p>
Evan Ratliff	<p>Before we can lead others, we must be aware and confident in our own leadership abilities. Knowing and recognizing our personal qualities and talents helps us take on the leadership roles and group activities for which we are best suited and can build self-esteem and confidence.</p> <p>Let's look at the "sweet seven" of things you do well. Please get a piece of paper and write the following:</p> <ol style="list-style-type: none"> 1) Please write down something you do well physically. <i>For me, I am _____ (Evan add something)_____.</i> 2) Something you like about your appearance. <i>I believe _____Evan add something_____.</i> 3) Something you like about your personality. <i>I think I _____Evan add something_____.</i> 4) Four other positive attributes of yourself. <i>Kiersten add four positive attributes of yourself.</i> <p>Now, let's process this list you've created.</p>

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	<p>Was it easy or difficult to identify nice things about yourself? It is important for you to have positive self-talk. This contributes to your self-esteem and as we have learned those with high self-esteem can be a more effective leader. Remember American Actor Anthony Rapp’s quote, “There is only one you for all of time. Fearlessly be yourself.”</p> <p>Now, I want to leave you with this thought ...how can you fearlessly use your positive attributes to make your community a better place? Remember there is only one of you for all of time and you have something to contribute!</p>
<p>Kiersten Dotson</p>	<p>We define ourselves in many ways. We each possess different qualities, fulfill different roles, and have different feelings. By knowing how we define ourselves we can become aware of our strengths and weaknesses and can improve ourselves as people and as leaders.</p> <p>Who am I? A simple question, right? Some people struggle with this question because we define ourselves by others. Let’s take this chance to look deeper at who we are and the various aspects of what makes us...us.</p> <p>Please get a piece of paper. I want you to write down who you are. All the things that you love to do, the people you interact with, the roles you play, faith, religion, culture, beliefs. All of it. Write it down.</p> <p><i>Kiersten have yours pre-written.</i></p> <p>As an example---here is my “who I am.”</p> <p><i>Kiersten share.</i></p> <p>Now, flip your paper over and make four columns. At the top of column one write: Relationships; column two write Do, column three write Qualities, column four write Other. Like this.</p> <p><i>Kiersten have an example to show.</i></p> <p>Now you are going to sort your answers to the simple question “Who am I?” Place all of your answers that describe your relationships to people (daughter, son, grandson, best friend) in the relationship column, place all the answers that describe what you do (basketball player, videogame player, drive-thru worker) in the do column, and place all the answers that describe your qualities (funny, intelligent, friendly) in the qualities column. Answers that do not clearly fit into any category should be place din the “other” column.</p>

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	<p>Once you do this, I want you to place a plus sign on the things that are positive aspects about yourself and then a minus sign on the things that are negative aspects of yourself.</p> <p>Do the positive aspects outweigh the negative? Remember back to the beginning of this experience and how we talked about self-esteem contributing to your leadership. This activity is an example of how you may view yourself. To become an effective leader, you must focus on the positive aspects you possess so you can contribute to others and their experiences. Let's focus on the positive aspects---how can you use these to benefit yourself and others as a leader? How can you take advantage of opportunities in 4-H or your school that would help you build on these positive aspects you possess?</p>
<p>Morgan Barnes</p>	<p>Today we want to leave you with this quote by Tom Rath author of Strengths Finder 2.0, "When we're able to put most of our energy into developing our natural talents, extraordinary room for growth exists. So, a revision to the "you-can-be-anything-you-want-to-be" thought might be more accurate: You cannot be anything you want to be---but you can be a lot more of who you already are."</p>
<p>Morelia Falcon</p>	<p>In Kentucky 4-H we do not ask you to change, but to contribute.</p> <p>We challenge you to be a lot more of who you already are, remember there is only one of you for all of time and this world needs what you can contribute as a leader.</p>