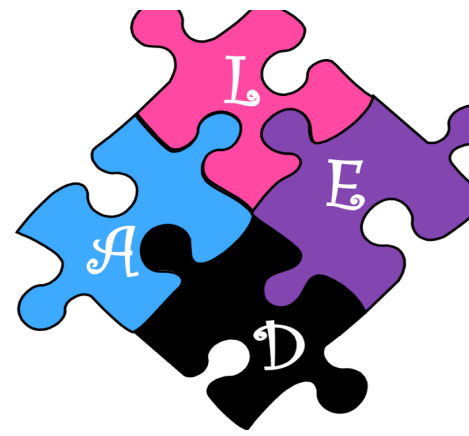


ENERGY

Discussion Points:

- What does Energy mean to you?
- How can Energy help you as a leader?
- Who represents Energy in your life?



Negative vs. Positive Leadership Energy Activity:

- Materials for Negative vs. Positive Energy:
 - Large butcher paper
 - Markers (enough for all participants + more fun colors)
- Directions:
 - PART 1:
 - Outline one girl on the butcher paper
 - Then on that paper write/draw all the leadership qualities that you don't like. The things that upset you or that make you not want to follow someone.
 - Once this is done – talk about what qualities showed up and why people don't like them
 - Break the yucky leader style! Have two people hold up the yucky leader model. Then let all the girls run through and BREAK the model.
 - **SPECIAL NOTE**
 - It helps if you pre-tear or cut the paper
 - PART 2:
 - Outline another girl on new clean butcher paper
 - Then write/draw all the qualities that make a super great leader.
 - Discuss what qualities showed up and why people like to follow leaders like this.