

AUGUST - AUTHENTIC

An All Star athlete is authentic in their actions and words.

Concepts of being reliable, trustworthy and genuine to all. Worthy of belief and reliance as a teammate.

Reliance – others being able to trust and depend on you as an athlete and team member.

Reliable – being stable and consistent as a teammate. Never wavering from your values and character.

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.

BRENE BROWN

WE Speak Challenge:

Show genuineness by action.

Be yourself. Everyone else is already taken. Oscar Wilde

Does this inspire you? Why?

Being authentic may mean battling peer pressure. What are 3 ways that you combat peer pressure and remain authentic to yourself? Has it been helpful?

Authentic leadership encourages others to be sincere and give input to a dilemma.

Being authentic includes being authentic on social media. How can one be authentic on social media?

Discuss social media accounts as a team. Share ideas on how to be authentic as a team and avoid Finsta and Anonymous accounts online.



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

