

OCTOBER - COMMUNICATOR

An All Star athlete speaks truth with compassion and intention.

Concepts of speaking with intention and conveying information/ideas to the team.

Intention – a purpose or goal. Planning and aiming to achieve something with purpose. Communicating with intention is being clear and conveying goals or specific ideas.

To be a good leader, you have to be a good communicator. As a leader, you have to communicate your intent every chance you get, and if you fail to do that, you will pay the consequences.

WILLIAM H. MCRAVEN

WE Speak Challenge:

Being a communicator is not about YOU, it is about those you are on the team with.

Speaking truth with kindness will make you a better teammate and your team stronger. Discuss how eye contact is a valuable tool in communicating an idea kindly.

Being able to share your ideas is vital in All Star and in life. Practice leading What's Your IQ 2.0 presentations with your team. What public speaking concepts do you need to work on?

Body language and the HOW of presenting ideas is important. Google notes on public speaking postures. List 3 ways a good communicator should present themselves physically.

Sharing thoughts in a compassionate, kind and truthful manner is a necessity in All-Star both on and off the mat and Marley. What are some effective ways to give criticism at practice? How do you like to receive criticism? Share your list with your coaches and teammates.



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



NOW GO SHARE **YOUR** STORY OF SPEAKING TRUTH WITH COMPASSION BY USING THE HASHTAG: **#THISISALLSTAR**