



Counselor's Corner

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Tips for Developing Leadership Skills at Home

The ability to lead others is one attribute that will always be in demand. Leaders are needed in all walks of life – at work, in school, in families, in sport and in the wider community. The skills of leadership are best developed in the first group that a child belongs to – their family. By encouraging your child to be a contributing, responsible, caring family member you will be going a long way toward developing their innate leadership capabilities.

Experts have identified five skills and traits that form the building blocks for future leadership. Below are the five skills, as well as, tips for how to put each into practice at home.

Responsibility

Being a leader means that your child is willing to take responsibility and be accountable for their actions. Personal responsibility is shown when your child is accountable for their behavior, for their belongings and for the welfare of others. Practical ways to develop responsibility include:

- Giving them responsibility for a certain part of their day such as getting themselves out of bed each morning
- Encouraging them to restore relationships with others including siblings when they mess up
- Taking responsibility for household chores including resolving problems if they forget to do them

Communication

The ability to clearly get a message across to others is common among effective leaders. While most leadership positions require your child to speak publicly, their communication skills can be developed through regular one-on-one or small group experiences at home and at school. Practical ways to develop your child's communication skills include:

- One-on-one conversations with adults about a wide variety of issues and topics
- Regular discussions at the dinner table where kids learn to share their thoughts, listen to others and report on events of the day
- Encourage your child to participate in class by raising their hand, asking questions, and sharing thoughts in class and group discussions

Organization

The ability to organize yourself and others is central to effective leadership. Thinking what needs to be done, planning ahead and making time are basic organizational skills at the heart of personal effectiveness and leadership. Practical ways to develop organizational skills include encouraging your child to:

- Keep their personal space including their bedroom tidy and organized
- Use a diary to help manage their time
- Organize a weekly chores roster including all members of the family

Teamwork

Cooperating, encouraging and acceptance of others are essential qualities of an effective leader. A family is a great place to develop a sense of teamwork in kids as it naturally requires kids to compromise for the sake of keeping the peace. Practical ways to develop a sense of teamwork include:

- Encouraging kids to share their time, possessions and spaces with other family members
- Practice teamwork at home by encouraging siblings to cook and do other chores together
- Emphasize the role of being part of a team by focusing on your child's contribution to a team or group rather than individual achievement

Emotional intelligence

An underestimated quality shared by most admired leaders is their ability to remain calm when things don't go well. This emotional intelligence skill requires self-awareness, an ability to identify their own emotions and respond appropriately to the emotions of others. You can nurture these skills in the following way:

- Help your child recognize their emotions. "Could it be that this makes you angry?"
- Help your child recognize emotions in others. "How do you think your brother feels right now?"
- Discuss emotions of characters in books, television shows and movies

St. Mary's Program

The next delivery date for St. Mary's food bags will be **Friday, April 16th**. If you would like more information on this food assistance program or if you would like to enroll in this program, please email Mrs. Cavallo.

Kyrene Family Resource Center (Food. Clothing. Hygiene. Connections)

For support with immediate needs, including: food, gently used school clothing, hygiene supplies, school supplies, and connections to outside agencies/resources visit:

<https://www.kyrene.org/domain/575>

Southwest Behavioral & Health Services

<https://www.sbhservices.org/>

Outpatient counseling services for students are available through our school-based provider, Southwest Behavioral Health. For information and referrals, please contact Mrs. Cavallo