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The hero inside

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

The hero inside

You will need:

- | to sit in groups of four

The purpose of this unit is to explore elements of leadership and become aware of times when we were a leader, of times when we were a hero.

Action:

Look at these definitions of a leader or hero. We are a leader or hero when:

- | when we influence situations and people
- | when we think of others beyond ourselves
- | when we respond to situations positively and instinctively
- | when we make a difference to the people around us
- | when we are part of creating change.

Being a leader is not necessarily being famous, being on a world stage or being voted the head of a group. Being a hero happens every day in ordinary situations.

Examples: I took my mum a cup of tea because she was feeling sad.
Although usually I am quiet, I stuck up for my friend when he was being bullied.
I helped Jake with his homework when he didn't understand.
I passed my guitar grade 1 exam even though it was really difficult.
In football, it was my pass to Steve that he scored from.

As a group, think of examples of people who have been leaders or heroes at various times in various situations.

Now in your groups of four, take turns to tell the group about a time when you were a hero, when you made a difference to a situation at home or at school or anywhere else. Keep going around the circle until you have each described at least three occasions.