



## Getting the Reps with: Olympian Julie Foudy

### Leadership is Personal

#### Key Takeaways

- We often think that leadership comes in the form of power or a position you hold. Leadership is personal, not positional.
- Leadership comes in so many different shapes and sizes. It can be loud or quiet, or you can lead by example.
- It's not always about standing on top of the mountain and shouting down. For some people it can be more personal and cerebral.
- You don't have to be in a position of power to lead. It's in every one of us. It's OUR decision to unlock it.

#### Things to Think About

- Who is someone who has impacted you in a positive way? How did they lead?
- What's your style of leadership? How might you show it, in training and outside of it?

#### Ways to Practice

- Pick two people you think are great leaders and write down the characteristics that make them great.
- Come up with one concrete way you can be a leader in training and one way you can be a leader outside of your sport.

