

## THEME

Leading Self

## SUB THEMES

Developing Self

### Overview

Managing time is a challenge. There are only 24 hours in a day and 7 days in a week and nobody seems to have found a way to make any more! Leaders 'juggle' lots of different balls in the air and wear many different hats to achieve the success they are looking for.

In this learning activity Participants think of tasks and roles they have to juggle in the next two days. These tasks and roles are compared to juggling sports balls.

Participants invent a game using several different types of balls and then relate this experience to their own daily tasks and roles.

## Juggling the Tasks

### Knowledge and skills

Personal leader planning, goal-setting, decision-making, responsibility, mentoring.

### Resources

- Leader Journal template
- A variety of sports balls, e.g. basketball, tennis ball, football, rugby ball, cricket ball, koosh ball (with rubber tentacles), beach ball



## Facilitators are asked to complete the following four steps:

### STEP 1

- The Participants consider two tasks/roles they will do in the next two days. One task/role is a big commitment (heavy task) and the other is a light task. Each of these tasks/roles they have over those two days is allocated to a ball and a reason is given for why that ball has been selected, for example:
  - » Singing in the school production = basketball (big ball – heavy task)
  - » Looking after younger brother = koosh ball (colourful and fun – light task)
- Each Participant tells a partner why they have selected the ball and how the task could be described by that ball – colour, weight, bounce, game
- Each Participant then writes into the Leader Journal describing the task/role and how they plan to complete it.

### STEP 2

In groups of three, Participants invent a game or activity that should:

- Use at least two of the balls which are different
- Have simple rules
- Relate in some way to the tasks and roles the group members have to fulfil over the next two days.

### STEP 3

The games/activities are played.

Each group leads the activity they invented.

### STEP 4

The Participants answer the following debrief questions:

- Describe the game or activity you invented
- Why did you choose that game/activity?
- How did the game relate to your tasks over the next two days?
- How has this game helped you to manage and balance your roles/tasks?



# LEADER JOURNAL

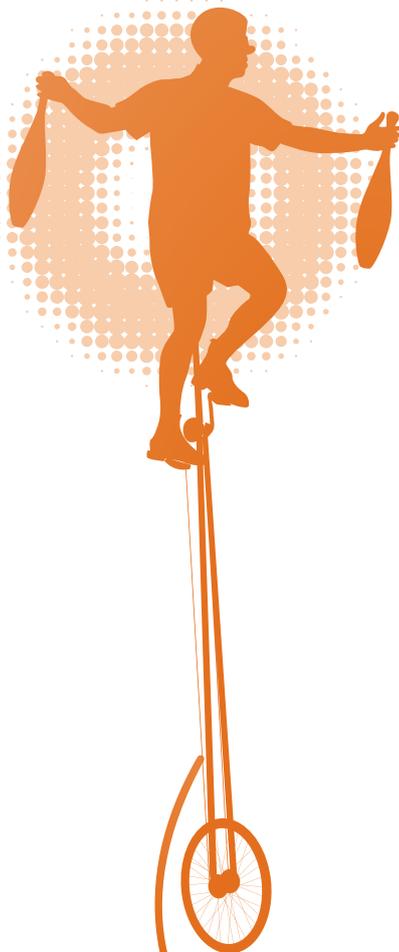
2» DISCOVER

NAME \_\_\_\_\_

## Juggling the Tasks

Tasks and roles  
(over next two days)

THE HEAVY TASKS



1. Describe a heavy (committing) task you have over the next two days.

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2. Why is this task/role 'heavy'?

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3. What will stop you completing the task?

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4. What would make it easier to complete?

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5. What are you hoping to gain from completing this task/role (What motivates you)?

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## THE LIGHT TASKS

1. Describe a light task (easy and short) you have over the next two days.

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2. Why is this task/role 'light'?

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3. What will stop you completing the task?

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4. What would make it easier to complete?

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5. What are you hoping to gain from completing this task/role (What motivates you)?

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