

VARSITY // BRANDS

THE COLLECTIVE
STUDENT EMPOWERMENT MONTH



LESSON THREE

TEAM EMPOWERMENT PACKET

TRUST **COMMUNICATION** COMMITMENT **ACCOUNTABILITY** FOCUS

TEAMMATES' NAMES:

Use this Team Empowerment Packet to make an action map to help your team reach your Mental Health Awareness Month goal. For more student leadership resources visit BelieveInYou.com.

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Stigma /noun/ Feelings of disapproval about particular conditions, illnesses, or ways of behaving.

It's time to help your community #BreakTheStigma that surrounds mental health. Review the sample GREAT Goal Quick-Start Guides and choose one project that your team will carry out for Mental Health Awareness Month. Use these pages to create your action map to team success.

Key Results measure the progress you're making toward your goal. They're like mile markers along the highway - they tell you how close you are to your destination.

To be effective, Key Results must be measurable and have a deadline. In other words, they must describe exactly what success looks like and give an exact date that they will be complete. Using the boxes below, create 6 Key Results that must be accomplished for your team to be successful. Do your best to put them in order from "must finish first" to "must finish last."

KEY RESULT 1

KEY RESULT 2

KEY RESULT 3











KEY RESULT 4

KEY RESULT 5

Varsity Brands Empowerment Rights:

Mindfulness /noun/ Being full present in a moment or situation with the ability to pay full attention to what you are experiencing.

Action Mapping: Now it's time to create an action map. To do that, you'll start with your key results and then list 3 critical actions that must happen to ensure you accomplish your key result by the deadline. Then, you'll list the names of the team members who will be responsible for each action.

	KEY RESULT 1: Action item A: Action Item B: Action Item C:	
	KEY RESULT 2: Action item A: Action Item B: Action Item C:	
	KEY RESULT 3: Action item A: Action Item B: Action Item C:	
	KEY RESULT 4: Action item A: Action Item B: Action Item C:	
	KEY RESULT 5: Action item A: Action Item B: Action Item C:	

Follow your action map and work toward your GREAT Goal Project.

Important Note: You may need to adjust or add to your action item list as you make progress.