# No-Doz Leadership Style

*Lesson submitted by Annie Robbins, March 12, 2020*

Students will learn what kind of leader they are and the associated strengths and challenges.

**Materials:**

* Masking tape (laid down to create a plus sign on the floor)
* [FOP Leader Handbook](https://www.uwyo.edu/fye/_files/docs/fop-leader-handbook.pdf)

**Description of Activity:**

Ask: What makes a good leader?

Have the students do a quick write on what leadership qualities they have.

Explain the rules:

Each piece of tape is a spectrum. You will place yourself somewhere on the tape according to how you resonate with the prompts. Once you have placed yourself on the X-axis, you will move along the Y-axis from that same location (i.e. vertically from your current position).

Read out prompts and have students move accordingly:

X-axis:

* Water: “I don’t often voice strong opinions, particularly if I think it will cause hurt or be a waster of time. I put others before myself pretty consistently. I’m very flexible. You probably don’t really know where I stand on issues, or what I think about you, unless you ask very directly. It’s hard for me to state my own needs.”
* Wind: “I state my opinion and take stands easily. People know exactly what I think, feel, and want. I’m an open book and you don’t even have to read the words because I tell them to you, especially if you try to cross one of my lines. Fight of flight? Let’s get real- I stay right here and tell it like it is. I don’t have a problem saying ‘my way or the highway; if need be.”

Y-axis:

* Cool cucumber: “I am calm and rational, and I do not get flustered about anything. I even have difficulty getting excited about things most people think are neat and exciting. My emotions are a glassy pond.”
* Hot tamale: “I tell people how I feel about everything. I cry at sad movies. My emotions are extremely active- the perfect storm.”

Have them look over the descriptions of the quadrants and discuss with the other students in the quadrant:

 What resonates most with you?

 What surprised you about the results?

Have students return to their quick write about their leadership qualities. What would you add to this now that you know a little more about yourself?