

LEADING US TO NEW HEIGHTS

A 20-Minute Hot-Air Balloon Leadership Activity

TIME 20 minutes	PURPOSE Reflect • Connect • Act	MATERIALS Worksheet + pen
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Introduction Script

"A hot-air balloon rises because several parts work together: the burner provides energy, the basket carries the team, sandbags are released when they become too heavy, and a destination gives the journey direction. Leadership works the same way. Today we will consider what each of us brings, what fuels our clubs, what may be holding us back, and where we want to go together."

Activity Flow

TIME	STEP	FACILITATOR DIRECTIONS
2 min	Reflect	Members independently complete all four sections of the worksheet.
6 min	Share	In pairs or groups of three, each person shares one response.
5 min	Lift-Off	Invite volunteers to share a Burner, Sandbag, or Destination idea with the whole group.
2 min	Commit	As a group, circle one idea to fuel and one sandbag to release.

Closing Script

"Every person in this organization contributes to our ability to rise. Our strengths fill the basket, our ideas fuel the burner, our honesty helps us release unnecessary weight, and our shared goals guide the journey. Before we leave, write one action you will take to help your club move toward its destination."

Optional go-around: Each member shares her commitment in five words or fewer.

MY LEADERSHIP FLIGHT PLAN

Leading Us to New Heights

THE BASKET — What I bring

What strength or leadership quality do I bring?

THE BURNER — What fuels us

What idea could energize and strengthen our club?

THE SANDBAGS — What we can release

What challenge or habit may be weighing us down?

THE DESTINATION — Where we are going

What meaningful goal should our club reach this year?

MY LIFT-OFF COMMITMENT

One action I will take to help our club rise together:

Strong leaders help everyone rise together.