**DISCUSSION GUIDE – CHAPTER 8 (VERBAL LEADERSHIP)**

**QUESTIONS TO DISCUSS:**

1. Why is it so hard to say “no” or hold a friend accountable?
2. Describe a situation when you held a friend accountable. What was the result?
3. If a friend was doing something that would put them in danger, how would you act?
4. What are some positive phrases that you can use with a friend when they are frustrated or negative about something happening in your sport?
5. What is the best way for someone to talk to you or approach you when you are frustrated?
6. Describe a time when someone said something to you that was encouraging and you weren’t expecting it.
7. Describe when you have made excuses out-loud. What could you have said or done, instead?
8. How do you tend to handle conflict? Was there a time that you confronted someone or enforced standards and it went better than you expected?

**ASSIGNMENT FOR NEXT WEEK:**

1. Write a 140-character tweet about 5 of your teammates plus your team’s upcoming season. Each of the 6 tweets need to be positive and encouraging.
2. Come up with a slogan or phrase to use during practice when things get tough or challenging and you need to encourage your teammates.
3. Intentionally withhold public criticsm from teammates that you are not friends with. Instead, praise their potential and find a way to point out what they are capable of.
4. Find a way to quietly (privately) address issues with your close friends.