



LEADERSHIP: *More Than Just An Office*

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Time after time you have been faced with an opportunity to step up and become a leader. Though some of us may not admit it, but we often think of leadership as holding an office.

Serving as a member of the National HOSA Executive Council gives you an amazing opportunity to serve the National HOSA Organization and more than 67,000 members nation-wide.

A leader is defined as an individual that communicates, motivates, and encourages a group of people to meet a set of common goals. Being a leader means stepping up to the plate, accepting responsibility and working together with a group or team. Leadership is an opportunity to learn, grow and develop in ways beyond your imagination. Leadership provides you with a positive outlook on working with others and developing skills that you could use for a lifetime. Through participation in leadership workshops, conferences, mock public speaking courses, and interviews you develop skills that help you become a well rounded individual.

Leadership also provides you with opportunities to travel and meet prominent people from across the nation. Conferences such as the National HOSA Leadership Conference have entertaining speakers and positive young people from across the United States. You do not have to be the President to lead a community service project or study group. Several teens are involved in church activities that help foster team building skills. Each year HOSA members collect money to donate to a health organization. For the next two years National HOSA will help aid in the research of cancer for the American Cancer Society.

Who said you can't get involved? Organizations such as HOSA give you a first hand look at the health care industry and what skills are needed to succeed. Through competition in one of five categories HOSA members are challenged to learn knowledge and skills such as CPR/ First Aid, Extemporaneous Speaking and Nursing Skills that will help build confidence and pride in a member's skill. The skills learned in competition help develop you into a productive leader on your health care team in your community.

The National Health Occupations Students of America organization gives students an opportunity to learn, grow, develop skills in leadership, help others, develop skills in a chosen health career, and learn to be a better you. All you need is the desire to help and serve others. That is what true leadership is all about! Leadership is just more than an office, but a chance to become a better, more productive you!

*"Leadership
is action,
not position."*

—Donald McGannon

MY FAVORITE ICEBREAKER

Title:	In the Bag
Group Size:	Small
Purpose:	Getting to know group members
Time:	Overnight to prepare 5 mins per person to share
Materials:	1 paper bag per participant Markers, pens, etc.
Instructions:	Each participant should be given a paper bag. Instruct them to decorate the outside of the bag that shows how other people see them. On the inside of the bag, put words, articles, etc. that illustrate what's really inside the person.
Outcome:	Each participant share his/her bag – what's on the outside, and more importantly, what's "in the bag." This type of activity helps group members understand each other's behavior (the outside) as well as feelings, values and dreams. (the inside.)



Leadership