

TOOL 4 - INSPIRING LEADERS

Module: IDENTITY Worksheet

Objectives:

Awareness of different qualities.
Noticing which qualities we are drawn to- and inspired by.
Seeing the connection of personal traits and qualities.
Awareness that the qualities we find in others are part of our own.

Materials required:

Books and pencils
White stickers
Markers
Books and pencils
Question card

Step by step facilitation instructions:

- Co-leaders do a demo in front of the room, name two leaders each and write down the three belonging qualities – swap books and write for each other.
- Write only the qualities, not the name of the person.
- Instruct the participants to do the same- one new leader/person each time- three qualities for each.
- Mingle with everyone.
- Read their own quality-list out loud.
- Inform them that they own all the qualities themselves.
- Read their own lists once more – this time with «I am» in front of every quality.
- Let them choose one quality to focus on.
- Write the chosen quality on a white sticker and tag themselves.
- Do a debrief of their experience.

Expected duration

70 minutes

Expected outcomes

Knowledge of their own qualities.
Noticing the connection with the qualities and practical use in their future job position and personal life.
Choosing a quality they want to strengthen and discovering new potential.
Awareness of which qualities they are drawn to- and inspired by.
Creating a sensation of belonging and resonance.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

VISUAL AND WRITTEN SUPPORT	
TYPICAL WORDS/EMOJIS TO DESCRIBE QUALITIES	
HONEST	 
CONFIDENT	 
CREATIVE	 
INTELLIGENT	 
FUN	 
PATIENT	 
LOYAL	 
COURAGEOUS	 
OPTIMISTIC	 
HARDWORKING	 
DISCIPLINED	 
AMBITIOUS	 
FOCUSED	 
RESPONSIBLE	 
RELIABLE	 
EMPATHETIC	 
FRIENDLY	 
GENEROUS	 
RESPECTFUL	 

QUESTION CARD

TOOL 4: Inspiring Leaders



Person A: What leader, person, icon inspires you?

Person B: Which 3 qualities does that person have that you like?

CHECKLIST

- How many participants:
- What worked and why:
- What did not work as planned:
- Number of participants who engaged:
- Step 1 completed:
- Step 2 completed:
- Debrief completed: