The Adventure:
One of the most important attributes of a leader is to set a positive example and practise what you preach. This can be harder than expected. Too often, we are not aware of how others receive what we say and do. Effective leadership can be undermined by subtle signals that contradict a core message.

To strengthen the overall dynamic in your Crew and practise leadership by example, discuss the attributes of effective leaders and team members. Take turns publicly resolving to model at least one of these behaviours consistently for others. For example, you might resolve to listen attentively and never interrupt others – and all the better if this is something that you can personally stand to work on! What other positive traits can you think of?