



Leadership Action Plans – LDRS 1015

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PART 1 – Complete this part at the beginning of the semester

Area of Development: Public Speaking

(from Personal Performance Grid)

Today's Date 09/8/2019 **Target Date** 12/8/2019

(Before end of Semester)

Goal: *(Specific, measureable, attainable, realistic, timeline)*

My Goal is to be able to talk in large public spaces and deliver a message without stuttering or getting overly anxious about addressing a large group of people.

Benefits:

What is the benefit of achieving this goal and/or losses to be avoided from achieving this goal?

The benefit of achieving this goal would be that I will be able to act more confident in front of large groups as well as being able to address smaller groups and continue the conversation with confidence.

Barriers:

Possible Obstacles to Overcome:	Possible Solutions to Obstacles:
Anxiety Lack of Confidence Stuttering	Practicing my speech or preparing myself to join a conversation with confidence and accept that it is normal to stutter.

Action Steps:

Order	Specific Action Step	Target Date	Date Completed
1	Become more confident when talking to cadre	9/30/19	9/20/19
2	Talk to more people and make new friends	12/8/19	10/22/19

Accountability:

Who needs to know about this goal?

I will keep this goal to myself in order to raise my confidence. I might let some friends in on what I'm doing so they can keep me on track with what I'm doing/

What is my method of tracking progress?

Keeping my goals in mind when interacting with others, as well as reminding myself my positive affirmations and staying confident.

Strengths Connection:

Does this goal support my values? Yes

What talents am I using/what strengths am I building as I work toward this goal?

My strength in communication and positivity will help me branch out and find ways to test myself and improve myself. My positivity will help me keep myself in a positive, strong mindset and continue push myself.

Commitment:

Is it worth the time, money, and effort to reach this goal? Yes

Support:

Affirmations to support this goal <i>(positive statements to raise your confidence)</i>	Visualization <i>(items to use/where to use them)</i>
You got this!	An empty room, most likely my own dorm room, and practice speaking to others
Breathe	
Team Members:	How they can support me:
Friends	Making sure I stay confident when acting on my new goal.

Reward:

What will you do to celebrate your success? Individually? As a team?

It's all depending on the type of speech. If I'm with a group of people we will celebrate based on where everyone wants to go. If it is an individual speech, I will most likely treat myself to a nice meal.

PART 2 – Complete this part at the end of the semester

Answer the following questions regarding your Personal Leadership Action Plan. Be brief, but fully answer each question. Make any general comments you wish at the end. Your reflection should be no longer than 1 – 2 pages.

- Did your plan work as you anticipated?
- Did you achieve the results you were expecting?
- If you were to begin this again, what changes would you make to your plan?
- Will you use this technique to improve in other leadership areas?
- What did you learn in this course that you believe helped with your plan?
- General comments on this experience.