

nurturing potential



Session: 'Role Models'

Complete this over 2 sessions if required and time allows.

Session 1: Discussion about Role Models.

Session 2: Completing a collage of personal role models and identifying their qualities.

Pre-session Preparation

Copies of worksheets

Coach prepares a personal example of a Role Model collage with a minimum of 3 people.

A4 Card for collages of Role Models

Coloured pencils/pens if needed

If you have a room with internet access, pupils may print pictures from here or create PowerPoint collages – remain aware of time limitations. Alternatively pupils can write the names or bring in pictures – for example family members.

Learning Objective

Understanding what Role Models are and how to learn from them and their experiences.

It is important to get time to discuss some of the role models used – if participants don't really know anything about them encourage them to find out before the second session and feedback to the group.

Two minute recap of last session.

Hand out 'Role Model' Session worksheet

Ask children to write their name, date, and session number on the top of the sheet

Start the Session.

Read through notes from worksheet to discuss what role models are and how we can learn from them.

Role Models – what are they?

How are role models useful for your life of purpose and to have a wonderful life?

How and where can you find out more about these people to learn from their experience?

5 Minutes: Coach discusses their personal examples of Role Models – who are they and why.

This provides useful discussion around “they're famous” because this is relative to the age group – someone famous to the coach may not be known to the group.

Participant Exercise

On a separate piece of A4 card or a PowerPoint slide (depending upon resources available) create a collage of your personal role models? What qualities and values do you admire in them? Write these around the picture of each person.

Session Close – Last 5 minutes; Relaxation & Time Out

Close session – thanking participants for their time and contribution.

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Name:	Date:
Session Number:	Session Name: Role Models

Role Models – what are they?

Role models are people that have qualities and values we like and admire, they can also be people that have achieved something we admire.

This is different to “being famous”, “being a good footballer”, “being rich”. Some role models will be famous, but they don’t need to be - who do you know and like in your family and friends that you would like to be like? How do they talk, what are their personal values – how do they treat others. For example;

David Beckham gives a lot of time and money to charities for children.

Richard Branson has built a business empire and brand through challenging what others see as normal, and being polite.

Many religious people are role models for living a peaceful life and caring for people.

Family members may volunteer for charity work, be on committees, have important jobs and be successful without being famous.

How are role models useful for your life of purpose and to have a wonderful life?

By learning what others have done to get where they are, you can avoid making the same mistakes that they did. What have your role models learnt to make their life successful? and what can you learn from their experiences to make your life successful?

How can you find out more about these people to learn from their experience?

Internet sites

Reading auto-biographies (written by the person themselves), or biographies often written with support of the person.

Newspapers and magazines – the better quality papers for articles (also websites).

Speaking to them!

On a separate piece of card/paper create a collage of your personal role models? What qualities and values do you admire in them? Write these around the picture of each person.

NOTE:

Avoid gossip magazines and websites. You only want to learn from what the person has said and done, not from someone else’s interpretation! Use your judgment skills to filter only the constructive and useful information, ignore gossip and assumptions of other people.

Mr Rockell's Role Models!



ROLE MODELS



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GARY MOORE, GUITARIST

- Power
- Can also be gentle and bring emotion into his music
- plays what he wants
- challenges the norm
- Enthusiasm
- Successful
- Inspirational
- Writes meaningful lyrics



**RICHARD BRANSON
ENTREPRENEUR & FOUNDER OF VIRGIN**

- Challenges the norm
- Enthusiasm
- Vision
- Leader
- Successful
- Philanthropist
- Caring
- Determination



TONY ROBBINS, LIFE COACH

- Challenges the norm
- Enthusiasm
- Vision
- Inspiring
- Successful
- Caring
- Philanthropist
- Energy



**WILL SMITH
ACTOR & RAP ARTIST**

- Confident
- Down to earth
- Humble
- Appreciates value of what he has achieved
- Polite
- Clean lyrics

